



REAL SIMPLE

LIFE MADE EASIER

THE BEST ANTI-AGING STRATEGY FOR YOU

products and advice
for your **20s, 30s, 40s, 50s,**
and beyond

WANT A TRANQUIL
BEDROOM?
28 MINI MAKEOVERS

THE ONE
KITCHEN TOOL
EVERY BUSY
FAMILY NEEDS

6 WAYS TO THINK
LIKE A FINANCIAL
ADVISER

HOW TO MANAGE
MEAN GIRLS

SEEING CHANGES AS YOUR SKIN AGES?

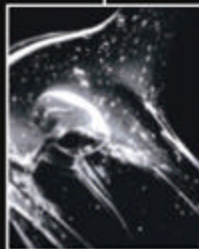
THE TRUTH— YOUR SKIN COULD BE LOSING VOLUME.

LOSS OF SKIN VOLUME CREATES WRINKLES.

As your skin ages, its moisture level drops, and skin loses fullness.

WHAT IS HYALURONIC?

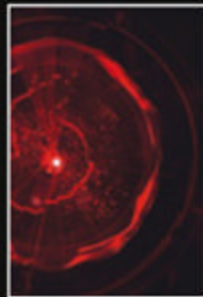
A naturally occurring substance in skin, it maintains moisture — it actually can bind up to 1,000X its weight in water! — and in turn, skin volume. The decrease in skin volume causes more pronounced lines and wrinkles, less rounded cheeks, and hollows under the eye area.



NOW L'ORÉAL INTRODUCES REVITALIFT VOLUME FILLER.

Formulated with our highest dose of Hyaluronic, Volume Filler provides intense moisture: helps restore fullness to skin so lines and wrinkles are visibly smoother, cheekbones appear more rounded, and under-eye area is less hollowed.

Learn more: truthaboutaging.com



SEE AND FEEL THE DIFFERENCE.

Run your hands over your face and feel a smoother, more even surface.



Your skin?
Definitely a more
youthful look.
And best of all,
you can see results
in just 4 weeks.

NEW



A black and white portrait of actress Naomi Watts. She is looking directly at the camera with a slight smile, her hand resting against her forehead. She is wearing a light-colored, off-the-shoulder top and a chain bracelet on her left wrist.

Now I know looking younger
isn't just about fighting wrinkles.

Naomi Watts

TRUTHABOUTAGING.COM



SEIZE YOUR MOMENT

Spring brings moments we have been waiting for all winter long, so savor every second with Ghirardelli® Intense Dark chocolate. Complex, sophisticated and slow-melting, its subtle notes make this highly anticipated season even sweeter.

12:58 P.M. TUESDAY

OUTDOOR LUNCH: A lunchtime walk offers a brief respite in the middle of a long workday. Enjoy the escape with a sweet finish of Ghirardelli® Intense Dark Sea Salt Soiree®.



5:45 P.M. SATURDAY

SUNNY DRIVE: You've got the windows rolled down on a glorious day and no real destination in mind; this is a journey to savor. Make it last with Ghirardelli® Intense Dark Twilight Delight® 72% cacao chocolate.

8:38 P.M. SUNDAY

BENEATH THE STARS: Turn off the lights, step outside, and take in the stars: Enjoy the beauty around you, and make the moment last with the delicious snap of Ghirardelli® Intense Dark Midnight Reverie® 86% cacao chocolate.



INTENSE DARK

SAVOR EACH MOMENT. Ghirardelli.com/IntenseDark

Savor the dark




GHIRARDELLI.
CHOCOLATE
INTENSE DARK

Slow-Melting Chocolate. Complex Flavor.
Unrivaled Intensity. In Eight Luxurious Varieties.



YOU INVEST A LOT FOR THE BLONDE YOU LOVE
IT DESERVES OUR UTMOST CARE

NEW
EVERPURE
BLONDE
SULFATE-FREE



**NEUTRALIZES BRASSINESS
IN JUST ONE USE**

- OUR SHAMPOO, CONDITIONER AND TREATMENT ARE TINTED TO NEUTRALIZE BRASSINESS
- LUXURIOUS SHAMPOO AND CONDITIONER WITH NOURISHING FORMULAS GO BEYOND SULFATE-FREE WITH NATURAL IRIS BOTANICALS
- REHYDRATES DRY, PROCESSED HAIR

**OUR UTMOST CARE FOR
THE MOST DEMANDING HAIR**

Visit BeyondSulfateFree.com

Because you're worth it.

L'ORÉAL®
PARIS
HAIR EXPERTISE

A close-up, profile view of a woman's head and shoulders. Her hair is a rich, vibrant magenta color, styled in a smooth, flowing manner. The lighting highlights the texture and sheen of the hair. The woman's face is partially visible, showing her lips and chin. On the right side of the image, there is a large, stylized pink flower graphic with multiple layers of petals, partially overlapping the white background.

GETTING HAIRCOLOR YOU LOVE IS AN INVESTMENT
IT DESERVES OUR UTMOST CARE

EVERPURE

SULFATE-FREE



**KEEP THE COLOR YOU LOVE
PURE FOR UP TO 32 WASHES**

- OUR ANTI-FADING SHAMPOO AND CONDITIONER SYSTEM HAS REVITALIZING FORMULAS THAT GO BEYOND SULFATE-FREE WITH NATURAL ROSEMARY BOTANICALS
- PROTECTS YOUR HAIRCOLOR AND MAINTAINS ITS INTEGRITY, RESPECTING EVERY STRAND

**OUR UTMOST CARE FOR
THE MOST DEMANDING HAIR**

Visit BeyondSulfateFree.com

Because you're worth it.

L'ORÉAL®
PARIS
HAIR EXPERTISE

GIVE YOUR SKIN SUPER POWERS

Enemies of your skin want to operate with impunity. Now you can fight them with the science of immunity.

**ULTIMUNE POWER
INFUSING CONCENTRATE
HELPS ACTIVATE 4 SUPER
POWERS OF SKIN:**

POWER TO RESIST
external and internal aggressors

POWER TO PROTECT
skin's natural barrier function

POWER TO REGENERATE
and optimize cell turnover

POWER TO STRENGTHEN
skin's defensive function
against aging

**ULTIMUNE POWER INFUSING CONCENTRATE +
YOUR FAVORITE TARGETED SERUM = SUPER-POWERED PERFORMANCE.**



**BIO-PERFORMANCE
GLOW REVIVAL SERUM**

Use this dynamic duo to rev up your radiance. The multi-benefit serum helps create a beautifully even-toned, resilient glow.

OR



**BIO-PERFORMANCE
SUPER CORRECTIVE SERUM**

Knock out visible traces of aging by teaming Ultimune with this revolutionary, time-fighting serum to counteract the look of wrinkles, sagging, and dullness.

OR



**WHITE LUCENT TOTAL
BRIGHTENING SERUM**

Get luminous skin to the power of 2. This advanced brightening solution helps prevent and diminish the look of dark spots and discoloration.

IT'S TIME TO POWER UP YOUR REGIMEN AND UNLEASH YOUR SKIN'S SUPER POWERS. VISIT WWW.SHISEIDO.COM



Time. Exposure. Stress.
What if your skin had immunity?
Experience world-first technology, from Shiseido.

Like your body, your skin has its own immune system. Now Shiseido makes the world's first approach to skin's Langerhans cells—the immune power source behind healthy, damageless skin. Firmer and more radiant with clarity*, your skin, like your daily experience of skincare, is truly changed. Strong skin becomes your beautiful reality, at every age.

Power Infusing Concentrate.

ULTIMUNE

To learn more and shop online, visit www.shiseido.com

20 years of research. 32 patents worldwide**.

Because the beauty is already in you. #beautyinyou



SHISEIDO

Thoughts



“I think your whole life shows in your face, and you should be proud of that.”

—LAUREN BACALL, IN THE *DAILY TELEGRAPH* (MARCH 2, 1988)

Photograph by Richard Kalvar

MAGNUM PHOTOS

EXCELLENCE.[®]

LEGENDARY BLONDES



9 1/2 NB
Grace



Be your own Legend...
Natasha Poly



©2015 L'Oréal USA, Inc.

INSPIRED BY GRACE KELLY
SO CLASSIC, SO RADIANT
SUPER RICH CARE
FOR SUPER RICH COLOR

- TIMELESS, ELEGANT BLONDES / 100% GRAY COVERAGE
- EVERY STRAND GETS SUPER RICH CARE:
SEALS, REPLENISHES, CONDITIONS
- FIND YOUR LEGENDARY SHADE AT:
EXCELLENCELEGENDS.COM

L'ORÉAL

PARIS



the Simple List

YOUR MONTHLY DOSE OF USEFUL TIDBITS, TIMELY TRIVIA,
AND CATCHY CONVERSATION STARTERS

29%

The percentage of Americans who say it takes them a full week to feel normal again after losing that hour with the return of daylight saving time, according to a survey published in February 2014 by the Better Sleep Council. This year we spring ahead at 2 A.M. on Sunday, March 8, supposedly to get more working daylight hours. In addition to having to reset your car's dashboard clock—where's that manual again?—here are some other annoyances, according to the survey: Twelve percent of responders forgot to do something important, and 5 percent said that they acted irrationally, including “Got in shower still wearing underwear” and “Went to work on a day off.”

Written by
N. Jamiyla Chisholm
Illustrations by
Papercut.fr

29,
39,
49,
59

The ages when people are more likely to reflect on their lives and make big—and sometimes bad—decisions, compared with those whose ages end in other digits, according to a recent study published in *Proceedings of the National Academy of Sciences*. Call it the end-of-decade crisis: Researchers conducted studies and examined data of nearly a million people to see how Americans between the ages of 25 and 64 changed their behavior as they approached a milestone birthday. *Surprise!* The 9-enders were more likely to purchase pricey items (such as plastic surgery) and seek extramarital affairs. They also exercised more—but that, too, tended to follow a “go big or go home” approach. Of first-time marathoners, 48 percent had an age ending in 9.

2,000

HOW MANY PEOPLE MARCHED FROM SELMA TO MONTGOMERY, ALABAMA, IN SUPPORT OF CIVIL RIGHTS FROM MARCH 21 TO 25, 1965—50 YEARS AGO THIS MONTH. LED BY MARTIN LUTHER KING JR., THE DEMONSTRATORS PEACEFULLY WALKED THE 54 MILES TO PROTEST THE FACT THAT AFRICAN-AMERICANS COULD NOT REGISTER TO VOTE IN THE SOUTH. ON THE LAST DAY, NEARLY 50,000 BLACK AND WHITE AMERICANS STOOD IN FRONT OF THE ALABAMA STATE CAPITOL AS KING, WHO HAD WON THE NOBEL PEACE PRIZE THE PREVIOUS YEAR, RALPH BUNCHE (A 1950 NOBEL PRIZE WINNER), AND OTHER SPEAKERS RALLIED AGAINST RACISM. THE HISTORIC MARCHES HELPED ALTER AMERICAN POLITICS AND AIDED IN THE PASSING OF THE VOTING RIGHTS ACT LATER THAT YEAR.

3/7/85

The birthdate of the first ever .com Internet domain name, which was registered to Symbolics.com, a computer-development company, for free, according to the Internet Society. The computer company is long gone, but the site still exists. It was repurchased in 2009 by an entrepreneur who wanted to own a piece of Internet history, and it is now a repository of facts about advertising and, naturally, domain names. Thirty years later, the Internet landscape is much more crowded. Want to guess how many domain names there are now? More than 280 million—a fact that you could certainly Google (est. 9/15/97).



FOR MORE FUN FACTS
AND FIGURES, follow us
on Twitter (@RealSimple).

1,000
FOODS
TO EAT
BEFORE
YOU DIE

9
YEARS

How long it took distinguished food journalist Mimi Sheraton to complete her new book, *1,000 Foods to Eat Before You Die*. And no wonder: It's as heavy as a rheinischer sauerbraten (page 306) and as full of gems as a pomegranate (page 510). Sheraton groups foods by country or culture—African, Chinese and Mongolian, French, Jewish. And she offers details about each dish's history, preparation, and taste, and tells where to find it. (Time to renew your passport.) Thankfully, many entries have recipes, so you can try marinovannye griby (Russian pickled mushrooms, page 414) at home. And don't worry—it's not all fancy foreign fare. Page 605? Oreos.



“my
cashmere matte
has sophisticated chic all wrapped up.”

Essie

For nails that appreciate the finer things, I suggest my **cashmere mattes**. Created with a semi-satin finish and reflective micro-pearls, they add a rich, soft-spun effect and provide just the right touch of seasonless chic.

**new
cashmere matte
collection**



wrap
me up



just
stitched



all eyes
on nudes



coat
couture



spun in
luxe

explore more
@ essie.com



new
comfy in cashmere

America's nail
salon expert.
Since 1981.

Aveeno.
ACTIVE NATURALS.

Naturally Beautiful Results®

What goes with everything? Beautiful skin.

A perfect pair for every style is AVEENO® Daily Moisturizing Body Wash and Lotion. Cleanse and then moisturize for healthier looking skin in 1 day. Exclusive AVEENO® ACTIVE NATURALS® Oat has 5 vital nutrients, naturally found in healthy skin. Because beautiful skin goes with everything.



Contents



03.2015

ON THE COVER

The best anti-aging strategy for you: products and advice for your 20s, 30s, 40s, 50s, and beyond

(122)

Want a tranquil bedroom? 28 mini makeovers

(132)

The one kitchen tool every busy family needs

(138)

6 ways to think like a financial adviser

(116)

How to manage mean girls

(105)

Cover Photograph by
Levi Brown

Prop Styling by
Rachel Haas



SMART SPRING-WARDROBE UPDATES.....95





THIS BLUSH IS FOR YOU
Real Simple
 tested more than 60. Turn to page 75 for the most glowingly reviewed.

THOUGHTS 10

THE SIMPLE LIST 12

EDITOR'S NOTE 24

Your words

What advice would you give your younger self? 27

the Realist

BEAUTY SOS
 Botched manicure..... 31

NEW USES FOR A WINEGLASS..... 32

NOW WHAT!?
 Smart solutions for life's little disasters 34

TREND TO TRY
 Yellow..... 36

HOW DID WE GET HERE?
 Beer 38

THE STAPLE
 Soy sauce..... 40

LITTLE HELPERS 42



Contents

03.2015

Life Lessons

GOOD READ

It took Ann Hood decades to get her first pedicure 45

MODERN MANNERS

Catherine Newman on wearing baseball caps at restaurants, friends who take advantage, and more 53

BREATHE

Relax, fast, with this month's do-anywhere exercise 56

The Guide

BEAUTY

PIN IT

Four gorgeous hair-styles created with bobby pins..... 62

PRETTY SMART

The latest beauty products and tips..... 70

ROAD TEST

Blush..... 75

HEALTH

DIVIDE AND CONQUER

How women and men are different when it comes to disease and illness.. 79

HOME

BUILD A BETTER TOOL KIT

Pro picks for the best household gadgets 87

ASK THE ORGANIZER

Clutter conundrums, solved..... 90

FASHION

5 KEY PIECES

Essentials for spring... 95

FAMILY

CLIQUE-BAIT

Helping your kid cope—whether she's in or out.....105

WORK & MONEY

THE VIEW FROM HERE

Kat Cole, president of Cinnabon 113

THE ROAD AHEAD

6 ways to think like a financial adviser 116

PRODUCTIVITY PRIMER

Kvetching colleagues..119

THE BIG CHEESE

Six delicious ideas for ricotta, from a breakfast treat to an after-dinner dessert.



Food

5 EASY DINNERS 157

THINGS COOKS

KNOW 167

WHY NOT TRY...?

Ricotta 169

BETTER BREAKFAST

Grapefruit Salad with Vanilla Syrup and Yogurt..... 172

A LIFE IN FULL

Museum curator Erin Monroe 176



Features

ANTI-AGING ADVICE FOR EVERY AGE

Simple, sensible dermatologist-recommended routines, customized by decade 122

YOUR BEDROOM: TRANQUIL, FUNCTIONAL, BEAUTIFUL

All you need to create a calm, clean, chic retreat 132

THINK FAST

Why a pressure cooker (yes, you heard that right) is the key to delicious and quick family dinners 138

TAKE BACK YOUR SUNDAYS

A clever prescription to cure end-of-weekend blues ... 144

THEY'VE GOT IT ALL SORTED OUT

How one humble idea was transformed into a meaningful, community-based nonprofit 148



PAGE 42

 GARNIER



**TO THE
MILLIONS OF
WOMEN WHO
WAKE UP TO
FATIGUED SKIN**

...

New on REALSIMPLE.com

VISIT THE SITE FOR EXCLUSIVE IDEAS, TIPS, AND
WAYS TO MAKE LIFE EASIER—EVERY DAY.



ON INSTAGRAM
@REAL_SIMPLE

LIFE, UNEDITED

REAL SIMPLE'S WOMEN IN REAL LIFE HASHTAG CAMPAIGN AND INSTAGRAM ACCOUNT ARE FOCUSED ON LIFE'S MESSIER MOMENTS. AS WE ALL KNOW, WHAT WE POST AND SEE ON INSTAGRAM IS FILTERED (LITERALLY), AND WE THINK IT'S TIME TO START SHARING THE UNFILTERED STUFF, TOO—THE SCREAMING TODDLER, THE ENDLESS LAUNDRY, THE DISOBEDIENT DOG. TO PARTICIPATE, TAG YOUR OWN REAL MOMENTS #WOMENIRL AND WE'LL REGRAM OUR FAVORITES! YOU CAN ALSO FOLLOW ALONG ON OUR @WOMENIRL INSTAGRAM HANDLE.

@PHILADELISE

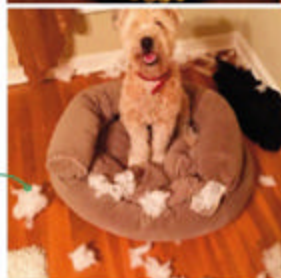
"When you drop your dad's birthday cake on the carpet, flaming candles and all."

@PENSIVE_ FOODIE

"Scenes from Sunday."

@WENDY

LAVONNE "Oh hey, thanks coworkers. Love you too!"



@KATIECHIORAN

"...meanwhile someone else was doing his own scheming."

@HILELLA

"Can I fix your boo boos, Mama? After eight Band-Aids, I'm told I get a lollipop."

@ARIESON72

"Feet on the rolling pin. Sanitation grade A."



HOW LONG YOU CAN STORE (ALMOST ANYTHING)

Is that chicken breast still safe to eat? How about the mustard in the cupboard? Sometimes it's hard to know when food needs to be tossed and when it's perfectly safe to salvage. This handy (and printable) chart, which includes advice from the U.S. Department of Agriculture, food scientists, and food manufacturers, will demystify the process.



Visit realsimple.com/storage to see the full food chart

GARNIER

©2015 Garnier LLC

A MIRACLE SLEEPING CREAM

FOR MORE RESTED, YOUNGER-LOOKING SKIN.

A GARNIER FIRST



- Hyaluronic Acid
- Essential Oil & Lavender

- in just 1 week, skin appears refreshed, revitalized, smoother, and feels firmer
- works while you sleep when skin is most receptive



#sleepwiththis



garnierusa.com

DON'T TAKE OUR WORD FOR IT

take yours — try it for free
**smooth infusion™ naturally
straight styling creme**



5/5 stars*

"This product is AMAZING!...The
time is cut in half and my hair looks
naturally straight vs. the obvious
straightened-with-a-hot-tool look...
It has seriously changed my life!"

—STACEY R

"2 days of using this cream and
I have not straightened my hair once.
My straightener has now become a
decoration in my bathroom. My hair is
soft, smooth, and smells great."

—ALORENZ524

FREE SAMPLE

at a participating salon
or store.** Find yours at
aveda.com/naturallystraightad
or call 866.823.1427.

CHIEF EXECUTIVE OFFICER JOSEPH RIPP

REAL SIMPLE

GROUP PRESIDENT, LIFESTYLE GROUP EVELYN WEBSTER
CHIEF CONTENT OFFICER NORMAN PEARLSTINE

EDITOR KRISTIN VAN OGTROP

EXECUTIVE EDITOR SARAH HUMPHREYS

DEPUTY MANAGING EDITOR JACKLYN MONK

EDITOR, REALSIMPLE.COM LORI LEBOVICH

DESIGN DIRECTOR ABBEY KUSTER-PROKELL

PHOTO DIRECTOR CASEY STENGER

DEPUTY EDITOR DANIELLE CLARO

FOOD

FOOD DIRECTOR SARAH COPELAND
SENIOR FOOD EDITOR CHRISTOPHER MOROCCO
FOOD ASSISTANT HEATH GOLDMAN

BEAUTY

BEAUTY DIRECTOR DIDI GLUCK
BEAUTY ASSISTANT JENNY JIN

EDITORIAL

SENIOR EDITOR YOLANDA WIKIEL
STAFF HEALTH EDITOR JULIA EDELSTEIN
ASSOCIATE EDITOR ANDRA CHANTIM
EDITORIAL ASSISTANT TANYA CHRISTIAN
READER SERVICE EDITOR LORI SETO
EXECUTIVE ASSISTANT TO THE EDITOR
ANN SAVARINO

PHOTO

DEPUTY PHOTO EDITOR BRIAN MADIGAN
ASSOCIATE PHOTO EDITOR MONICA SIWIEC
ASSISTANT PHOTO EDITOR EMILY KINNI

RESEARCH

RESEARCH CHIEF WESTRY GREEN
REPORTER/RESEARCHERS
N. JAMIYLA CHISHOLM, KAITLYN PIRIE
CONTRIBUTING RESEARCHER MOLLY M. GINTY

REALSIMPLE.COM

EXECUTIVE EDITOR LAURA SCHOCKER
PRODUCTION DIRECTOR
ANASTASIA SIGNORETTA
DEPUTY EDITOR, FOOD SARA KARNASIEWICZ
PRODUCER ANTIGONI GOURAS MANZI
ASSOCIATE EDITORS
BRIGITT HAUCK, ABIGAIL WISE
PHOTO EDITOR WENDY GRANGER
EDITORIAL ASSISTANT SAMANTHA ZABELL

CONTRIBUTOR

SET DESIGNER JEFFREY W. MILLER

CUSTOMER SERVICE AND SUBSCRIPTIONS

FOR 24/7 SERVICE, PLEASE USE OUR WEBSITE:
REALSIMPLE.COM/CUSTOMERSERVICE.
YOU CAN ALSO CALL 800-881-1172 OR
WRITE TO REAL SIMPLE AT
P.O. BOX 30657, TAMPA, FL 33630-0657.

HOME

HOME DIRECTOR BETSY GOLDBERG
SENIOR STYLE AND MARKET EDITOR
RACHAEL WEINER
ASSOCIATE EDITOR STEPHANIE SISCO
HOME ASSISTANT JESSICA FECTEAU

FASHION

FASHION DIRECTOR
VICTORIA SANCHEZ-LINCOLN
MARKET EDITOR REBECCA DALY
ASSOCIATE MARKET EDITOR
ALLISON CHESKY
CONTRIBUTING FASHION ASSISTANTS
ALEXIS BENNETT, FLAVIA NUNEZ

ART

ART DIRECTOR ALYCE JONES
SENIOR DESIGNERS KATIE FIELD,
CINDI LEE
DESIGNER ALEXA SPEYER
ART ASSISTANT TAYLOR GIVENS

COPY

COPY CHIEF NANCY NEGOVETICH

EDITORIAL PRODUCTION

EDITORIAL PRODUCTION DIRECTOR
FILOMENA GUZZARDI
EDITORIAL PRODUCTION MANAGER
ALBERT YOUNG
CONTRIBUTING PRODUCTION MANAGER
JOAN WEINSTEIN

PREMEDIA

PREMEDIA DIRECTOR RICHARD PRUE
PREMEDIA MANAGER CLAUDIO MULLER

TECHNOLOGY AND PRODUCT ENGINEERING

CHIEF INFORMATION OFFICER AND
EXECUTIVE VICE PRESIDENT COLIN BODELL
SENIOR VICE PRESIDENTS
GEORGE LINARDOS, ERYNN PETERSON
VICE PRESIDENTS LINDA APSLEY,
NEIL BAILEY, JONATHAN FEIN,
ROBERT FERREIRA, AMANDA HANES,
LEON MISIUKIEWICZ, BEN RAMADAN,
VITA SHEEHY, SCOTT SMITH,
JIMMIE TOMEI

TIME INC., EXECUTIVE VICE PRESIDENTS

JEFF BAIRSTOW, LYNNE BIGGAR, COLIN BODELL,
TERI EVERETT, MARK FORD, GREG GIANGRANDE,
LAWRENCE A. JACOBS, EVELYN WEBSTER



REAL SIMPLE® (ISSN 1528-1701) IS PUBLISHED MONTHLY BY TIME INC. PRINCIPAL OFFICE: TIME & LIFE BUILDING, ROCKEFELLER CENTER, NEW YORK, NY 10020-1393. PERIODICALS POSTAGE PAID AT NEW YORK, NY, AND ADDITIONAL MAILING OFFICES. CANADA POST PUBLICATIONS MAIL AGREEMENT NO. 40110178. RETURN UNDELIVERABLE CANADA ADDRESSES TO: POSTAL STN. A, P.O. BOX 4015, TORONTO, ON M5W 2T2. GST#888381621RT0001. SUBSCRIBERS: IF THE POSTAL SERVICE ALERTS US THAT YOUR MAGAZINE IS UNDELIVERABLE, WE HAVE NO FURTHER OBLIGATION UNLESS WE RECEIVE A CORRECTED ADDRESS WITHIN TWO YEARS. U.S. SUBSCRIPTIONS: \$28.95 FOR ONE YEAR. POSTMASTER: SEND ADDRESS CHANGES TO REAL SIMPLE, P.O. BOX 30657, TAMPA, FL 33630-0657. MAILING LIST: WE MAKE A PORTION OF OUR MAILING LIST AVAILABLE TO REPUTABLE FIRMS. **CUSTOMER SERVICE AND SUBSCRIPTIONS: FOR 24/7 SERVICE, PLEASE USE OUR WEBSITE, REALSIMPLE.COM/CUSTOMERSERVICE.** YOU CAN ALSO CALL 1-800-881-1172 OR WRITE TO REAL SIMPLE AT P.O. BOX 30657, TAMPA, FL 33630-0657. © 2015 TIME INC. ALL RIGHTS RESERVED. REPRODUCTION IN WHOLE OR IN PART WITHOUT WRITTEN PERMISSION IS PROHIBITED. REAL SIMPLE® IS A REGISTERED TRADEMARK OF TIME INC. VOLUME 16, ISSUE 3. PRINTED IN THE U.S.A.

AVEDA

THE ART AND SCIENCE OF PURE FLOWER AND PLANT ESSENCES

FORGET EVERYTHING YOU KNOW ABOUT STRAIGHTENING HAIR

smooth infusion™ naturally straight styling creme



It's amazing how **naturally straight** changes your hair over time. The more you use it, the straighter your hair becomes. Plant-derived fibers help lock your hair straight, day after day*—and unlock when you want your curls back, after just a few washes. You now have complete control—for your curly hair type and texture. Don't take our word for it—take yours. Try it for FREE!

FREE SAMPLE at a participating salon or store.** Find yours at aveda.com/naturallystraightad or call 866.823.1427.

*After 5 consecutive applications of naturally straight, hair will stay straight for up to 3 washes.

**One duo sample pack per customer, while supplies last.

REAL SIMPLE

GROUP PUBLISHER CHARLES R. KAMMERER

ASSOCIATE PUBLISHER JULIE DEGARMO

EXECUTIVE DIRECTOR, DIGITAL MEG POWER

VICE PRESIDENT, MARKETING KIM TAN

VICE PRESIDENT, CONSUMER MARKETING MICHELLE KORCHINSKI-OGDEN

GENERAL MANAGER, REALSIMPLE.COM LINDSAY JERUTIS

EXECUTIVE DIRECTOR, BRAND DEVELOPMENT MICHELLE JACOBS

ADVERTISING SALES

MAIN OFFICE 1271 AVENUE OF THE AMERICAS,
NEW YORK, NY 10020 212.522.1212

ACCOUNT DEVELOPMENT DIRECTOR

MARY ANNE MCGRORY

ACCOUNT DIRECTOR ANN GOBEL

EXECUTIVE BEAUTY DIRECTOR CARINE VINETT

ACCOUNT MANAGERS

CHRISTINE LEUNG,

JACQUELINE POLCE STOCKEL

MOBILE SALES SPECIALIST BARI SCHRAGER

EXECUTIVE ASSISTANT TO THE PUBLISHER

LAURA COPPOLA

SALES ASSISTANTS ELLA DOVE,

ALI HOWARTH, ANNA WOJTOWICZ

MIDWEST SALES DIRECTOR MINDY PROVENZANO

SENIOR ACCOUNT MANAGER JENNIFER LATWIS

INTEGRATED ACCOUNT MANAGER MARGARET GRAFF

SALES ASSISTANT TERESA DASBACH

DETROIT ACCOUNT DIRECTOR BARBARA ZALTZ

SALES MANAGER LAURIE FELTON

SALES ASSISTANT JUSTINE SCHRAM

SOUTHEAST SALES MANAGER NADINE TIMPA

SOUTHWEST SALES MANAGERS

ALISA BEELI, DEBBIE LUCAS

SALES ASSISTANT DOREE ANTIG

NORTHWEST SALES MANAGER YOLANDE HELLER

SALES ASSISTANT LAUREL THEREN

MILAN STUDIO CAVALLINI

PRODUCTION

VICE PRESIDENT, OPERATIONS TOM COLAPRICO

MAKEUP, POSITIONING, AND PRODUCTION MANAGER

ROSEMARIE IAZZETTA

ADVERTISING PRODUCTION SPECIALIST ROSANA CHANG

PUBLIC RELATIONS

VICE PRESIDENT, COMMUNICATIONS JILL DAVISON

DIRECTOR, COMMUNICATIONS ERIN CLINTON

MANAGER, COMMUNICATIONS ASHLEY CALAME

BRAND DEVELOPMENT

CREATIVE DIRECTOR, PRODUCT DEVELOPMENT

AND DESIGN AIMEE MILLER-O'TOOLE

PROJECT MANAGER, BRAND DEVELOPMENT JACLYN CUSENZA

MARKETING MANAGER SARA JOHNSON

TIME INC. BRANDED SOLUTIONS

EXECUTIVE VICE PRESIDENT, GLOBAL ADVERTISING SALES MARK FORD

SENIOR VICE PRESIDENTS, ADVERTISING SALES AND

MARKETING ANDY BLAU, PRIYA NARANG

SENIOR VICE PRESIDENT, SALES MARK ELLIS

VICE PRESIDENT, FINANCE LORI DENTE

VICE PRESIDENT DAVE WATT

VICE PRESIDENT, CREATIVE DIRECTOR CARA DEOUL PERL

VICE PRESIDENT, MARKETING AND SALES DEVELOPMENT

CHERYL DIMARTINO

VICE PRESIDENT, DATABASE MARKETING MARY WOJCIECHOWSKI

DIGITAL

SENIOR VICE PRESIDENT, VIDEO J.R. MCCABE

SENIOR VICE PRESIDENT, DIGITAL KEVIN HEERY

VICE PRESIDENT DAN REALSON

VICE PRESIDENT, DIGITAL AD OPERATIONS NANCY MYNIO

VICE PRESIDENT, YIELD & PROGRAMMATIC KAVATA MBONDO

GROUP SALES

SENIOR VICE PRESIDENT,

GROUP PUBLISHER GREG KEYES

VICE PRESIDENT, MARKETING JENNIFER STAIMAN

VICE PRESIDENT, MARKETING AD SOLUTIONS STEVE CAMBRON

LEGAL AND HUMAN RESOURCES

VICE PRESIDENT AND DEPUTY GENERAL COUNSEL,

TIME INC. REBECCA SANHUEZA

ASSOCIATE GENERAL COUNSEL MAYA MENENDEZ

VICE PRESIDENT, HUMAN RESOURCES KATE WEISS

MARKETING SOLUTIONS

EXECUTIVE DIRECTOR, CREATIVE SERVICES

ARMINE ALTIPARMAKIAN

EXECUTIVE DIRECTOR, INTEGRATED MARKETING

JORDAN KINGSTON

ASSOCIATE DIRECTOR, BRAND INSIGHTS JULIE GLUCK

SENIOR MANAGERS, INTEGRATED MARKETING

ELIZABETH DIDORA, DANA DISTEFANO,

LAUREN GERARDI

MANAGER, INTEGRATED MARKETING KATHARINE SHAGOURY

ASSOCIATE MANAGERS, INTEGRATED MARKETING

STEPHANIE HIPP, TRICIA ISMAIL

ART DIRECTORS MARIS HICKEY, COLLEEN LENNON

COPYWRITER LYZ MANCINI

DIGITAL DESIGNER SARAH ARGUS

MARKETING COORDINATOR MARKIE COHEN

CONSUMER MARKETING

VICE PRESIDENT, RETAIL JENNIFER MARCHANT

ASSOCIATE DIRECTOR, STRATEGIC PLANNING

RACHEL FREED

ASSISTANT DIRECTOR, CONSUMER MARKETING

KRYSTAL HENDRICKS

SENIOR MARKETING MANAGERS AGNES CRONIN,

KRISTIN GAUDINO, KAREN NEWLANDS

MARKETING MANAGER HEATHER CHRISTIANSON

ASSOCIATE MARKETING MANAGERS

RACHEL KLINGHOFFER, CHRISTINA MEJIA,

MELANIE PISELLI, RANDI WEINBERGER

ASSISTANT MARKETING MANAGERS GIZELLE LUGO,

CARMEN SERRATO

BUSINESS OFFICE

SENIOR VICE PRESIDENT AND GENERAL MANAGER

ALISON FRIED

ADVERTISING FINANCE DIRECTOR SHERRY WOLFE

FINANCE DIRECTORS DON LICHTER, AMY THIND

SENIOR FINANCIAL MANAGER PATTI BRASFIELD

SENIOR ADVERTISING FINANCE MANAGER

JEREMY ADAMS

ASSOCIATE FINANCIAL MANAGERS LISA PRESS,

COLLEEN SCHOHL

ASSOCIATE FINANCE DIRECTOR BRAD SCHARFF

PRODUCTION FINANCE MANAGER LINDA LUKE

SENIOR FINANCIAL ANALYST DANA ROBINSON

FINANCIAL ANALYSTS ZACHARY BRAZO,

CHRISTINE MCGAFFIGAN

REALSIMPLE.COM

ASSOCIATE, BUSINESS DEVELOPMENT

EMILY SCHROEDER

DIRECTOR, ACCOUNT SERVICES JAMIE KIDECKEL

SENIOR ACCOUNT SERVICES MANAGER

ERIN BERGMANN

ACCOUNT SERVICES MANAGER STEPHANIE GRASSIAN

ACCOUNT SERVICES ASSOCIATE SAMANTHA SCHWARTZ

ACCOUNT SERVICES COORDINATOR MUHAYLA DOBBS

SENIOR PRODUCT MANAGER MAURA CHARLES

DIRECTOR, AUDIENCE DEVELOPMENT DEB CURTIS

MANAGER, AUDIENCE DEVELOPMENT

ANNI CUCCINELLO

ACCOUNT MANAGERS LISA BOMBERG,

DANIELLE ROSEN

TIME INC. INSIGHTS

VICE PRESIDENT, BUSINESS RESEARCH & INSIGHTS CARYN KLEIN

VICE PRESIDENT, CONSUMER INSIGHTS BARRY MARTIN

EXECUTIVE DIRECTOR, LIFESTYLE GROUP

LEE ANNE BAER

DIRECTOR BRENDA KURITZKY

SENIOR ASSOCIATE RESEARCH MANAGER

LATOYA CHRISTIAN

ASSOCIATE RESEARCH MANAGERS

MACKENZIE BOWER, GENEVIEVE GRALTON

jane iredale



COUNTRY WEEKEND *relaxed* beauty

Country Weekend, a captivating makeup collection inspired by tranquil countryside landscapes, featuring *ForeverPeach* Just Kissed® Lip & Cheek Stain.

LEARN MORE & FIND A TRUSTED JANE IREDALE PARTNER TODAY AT JANEIREDALE.COM

AVAILABLE MARCH 2015



Editor's Note

THE NEXT TIME you hear someone use the expression “age before beauty,” think of Joni Mitchell and Joan Didion. As I write this, both are featured in advertisements for prominent fashion brands: Mitchell in Saint Laurent and Didion in Celine. Mitchell is 71 and Didion is 80; both are silver haired and very chic. As they always have been, and ever shall be.

That is so cool! we all say. And so amazing! It's so modern! And they are so beautiful! And I hope I never, ever get that wrinkly.

Right? Mitchell and Didion have faces lined from years of laughter and tears, surprise and worry, and all the other experiences that mark the lives we've led and signal who we are. We all grow more wrinkled over time, as collagen begins to diminish and opportunities for laughter (and, alas, worry) continue. We know that with advanced years comes wisdom, and our faces will reflect the full lives we have lived. And that is all cool and amazing and, of course, as nature intended, until those little vertical lines appear above your top lip, overnight, when you turn 47. And then you must work very, very hard to make them disappear.



DID YOU JUST get engaged? If so, congratulations! And have we got just the thing for you: *Real Simple's* Wedding Checklists app. Available (and ready to be of service) in the Apple App Store now.



FOLLOW ME ON
TWITTER AND INSTAGRAM
@KVANOGTROP



HAVE YOU CHECKED OUT @WOMENIRL? It's *Real Simple's* new Instagram account. Because so much of what we see (and show) on Instagram has been filtered (literally!), we think it's time women started sharing the real moments—the burnt pie, the pile of laundry, the screaming toddler. Tag your unedited photos #womenIRL (short for Women in Real Life) and we'll post our favorites on our social accounts. Plus, don't forget to follow @womenIRL on Instagram, where we feature a steady, hilarious stream of images from our messy, complicated lives.

So goes our culture's love-hate relationship with aging and beauty. Signs of aging are completely fine, unless you encounter them in your own mirror. And then the questions begin. How can you minimize the signs while remaining authentic? Products and treatments are everywhere, but how far do you go? Is moisturizer with SPF just the gateway drug, and before you know it, you've Fraxel'd your entire body?

No. Remember: When in doubt, keep it simple. First turn to “Anti-Aging Advice for Every Age,” on page 122. Find the quick (as in, no more than three steps) routine that fits the decade you're living in.

And then study the faces of the beautiful (real) women who posed for the story. There is a 20-something with an unlined brow and a 60-something with crow's-feet earned from decades of smiling and a few gorgeous faces in between. There is no “age before beauty” here. But age *with* beauty? Yes.

Kristin van Ogen



instantly
heal your
extra-dry
feel

Curél®



DERMATOLOGIST RECOMMENDED

**ULTRA
HEALING®**

INTENSIVE LOTION
FOR EXTRA-DRY, TIGHT SKIN

Helps heal and protect
extra-dry skin for instant
relief that lasts 24 hours



see the cure in **Curél®**

Saving People Money Since 1936

... that's before there
were nylons.

GEICO has been serving up great car insurance and fantastic customer service for more than 75 years. Get a quote and see how much you could save today.

geico.com | 1-800-947-AUTO | local office

GEICO®



Some discounts, coverages, payment plans and features are not available in all states or all GEICO companies. GEICO is a registered service mark of Government Employees Insurance Company, Washington, D.C. 20076; a Berkshire Hathaway Inc. subsidiary. © 2015 GEICO

Your Words

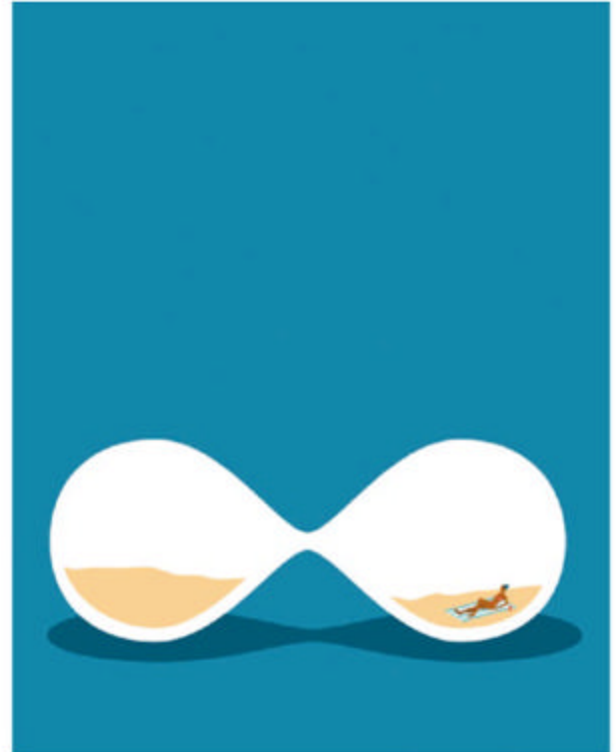
Q.
What advice would you give your younger self?

A.

Stop trying to plan out your whole life.

I've always wanted certain things—a Master's degree, a great job, a husband and kids—and I used to be focused on obtaining each of those things by a specific time. And though it's a smart idea to prepare for the future, I've learned that there will be unforeseeable tragedies and happy surprises that mess up your schedule. Nowadays I enjoy living one day at a time. I discovered that once I stopped trying to follow the elaborate plan I had laid out for myself, I was a much happier person.

STEPHANIE VANDYCK, Athens, Georgia



Write more things down. You'll want to record important dates (like when you had a major surgery) or precious family knowledge (like Nanny's coleslaw recipe). You think you can remember everything, but it's just not possible.

CHRISTINE BAKER,
Waldwick, New Jersey

GO TO PAGE
122 FOR
GREAT
ANTI-AGING
ADVICE AT
EVERY AGE

Take better care of your skin.

And I'm talking from head to toe! When I was younger, I rarely applied sunscreen and instead—believe it or not—used baby oil to intensify my tan. Now that I'm in my 50s, I see that my neck reflects my years just as much as my face does. My mother also always told me to moisturize, which I did only occasionally. I wish I had listened to her.

LORI COPELAND,
Nevada, Missouri

Friends come and go.

Don't worry or blame yourself when a friend drifts away. People change as they get older, so the pals you had at 21 won't all still be around later in life. There are a few who will stick by you, and those are the ones you want to keep forever.

AUDREY STEVENS, Washington, D.C.



Don't get so wrapped up with high school loves. Men, like wine and cheese, get better with age.

@ELYSEISBEAST

Become financially literate.

When I was young, I spent beyond my means and failed to pay my credit-card bills on time. I had no idea that this kind of behavior could affect my credit score and cause problems for me later in life. Now, at age 32, I'm thankfully much more money savvy. I've paid off my debts, made some investments, and even started a retirement account.

AMBER BRITTON,
Holbrook, New York

Illustration by Ben Wiseman



philosophy:
some days call
for a little
undercover work
to grant your
3 skin wishes.

philosophy



Ignore the bullies. Their words may hurt now, but don't let them cast a lasting shadow on your life.

SUSAN WENZEL,
Coupeville, Washington

Make the first move!

In romance? Sure. But it's also imperative to be bold when it comes to your career and friends. If you miss a long-lost buddy, give her a call. Instead of wishing for more responsibility at work, approach your boss and ask for it. There's no need to wait for something to happen; you can make it happen.

ISABEAU DASHO, Columbia, Missouri



Messing up is part of learning. When in doubt, just show up.
@BARTOK37



Surround yourself with good people. You'll turn out just like them.
@BREECOUCH_

Get married when you're truly ready.

In retrospect, I married my ex-husband because all my friends were getting hitched and I was afraid of being left out of the club. I failed to consider whether my ex would make a good life partner. Now that I'm divorced, I'm much more content, and my children say that I'm a better person.

CATHERINE BURROUGHS,
Johnson, Nebraska

SUBSCRIBER OF THE MONTH



GWEN WHIPPLE

HER ANSWER: I would whisper in my younger self's ear, "Soak up all your elders' knowledge as well as their experiences." I wish I had learned how to crochet from my grandmother or bothered to find out how my grandfather became a projectionist in Hollywood. I rue the fact that my teenage self was too self-centered to ask questions.

STATS: Age 66; mother to two grown boys; retired; Covington, Washington.

WHAT'S YOUR SECRET TO LOOKING AND FEELING YOUNG?

Olay and laughter. Also, I have very few vices. I rarely drink and never smoke.

WHAT WAS YOUR BIGGEST BEAUTY DISASTER?

The time when my former mother-in-law tried to frost my hair. It turned orange!

WHAT HELPS YOU DESTRESS?

I can actually feel my heart slow down when I listen to soft rock. I'm fond of Maroon 5 and the Beatles.

UPCOMING QUESTION

What's the greatest gift your father ever gave you?

Go to REALSIMPLE.COM/YOURWORDS and let us know your answer to this question. Your response could appear on these pages.

philosophy: when you renew with hope, *wishes come true.*

*based on women who expressed an opinion in an 8-week self-assessment study with 52 participants



let us grant you *three skin wishes*

philosophy skin labs introduces our **newest breakthrough**: an all-day, lightweight skin renewing moisturizer featuring clinically proven non-stop renewal technology.

day after day, **91% of women fell in love with the feel of their skin and would recommend renewed hope in a jar to a friend.*** here are the skin wishes they saw fulfilled:

1. **refined texture** with visibly smaller pores and fine lines virtually lifted away
2. soft, **dewy smoothness**, comforted by instant and all-day hydration
3. re-energized **healthy color and glow** that lasts up to 3x longer*

get the skin you wish for at QVC and philosophy.com

philosophy

1% of all philosophy
product sales supports
community-based
mental health efforts.
hope&grace
initiative

join us at philosophy.com and
facebook.com/philosophy

it's a **10**[®] haircare
helping "whip"
cancer



Softens
Hydrates
Intensely Smooths
Reduces Breakage
Protects Color Treated Hair
Humidity Resistant
Nourishes Damaged Hair
Prolongs Blow Dried Style
Smooths Frizz
Improves Elasticity

THE ONLY PROFESSIONAL HAIR CARE LINE
SUPPORTING CANCER TREATMENT AND BRINGING
AWARENESS TO ADVANCED SCREENING 24/7



Christina Applegate
Founder, Right Action for Women



A portion of all proceeds
goes to Right Action for Women
For more information visit:
www.Itsa10Haircare.com

the Realist

UNCOMMON KNOWLEDGE FOR MODERN TIMES



BEAUTY SOS

BOTCHED MANICURE

You've just received a cherry red Perfect 10...and then you (doh!) reach for your keys. Turn the page for pro advice to help you revive a marred manicure.

Written by Didi Gluck
Photograph by Nigel Cox

Beauty SOS: Botched manicure

TO FIX

A freshly painted—and smudged—nail

Tightly cover the top of an open bottle of nail-polish remover with your pointer and middle fingertips and quickly turn the bottle upside down to wet the skin slightly, says Tracylee, an educator for Sally Hansen. Then gently swipe the polish smudge with a remover-dampened digit until it flattens out. Reapply a clear topcoat, like Duri Miracote (\$10, duri.com), to restore the shine.

TO FIX

Sheet creases all over the nails you painted right before bed

Try the same technique described above, but add a layer of the original polish color plus a layer of topcoat once the smudges are ironed out, says celebrity manicurist Jin Soon Choi. Faster yet, swipe a quick-dry glittery topcoat over dings as camouflage. Try Essie Set in Stones (\$8.50, essie.com).

TO FIX

A chip that occurs days after polishing

If you have the polish color, smooth out the nicked area with a remover-dipped fingertip as described above. Next, fill in the chip with matching polish, then apply a second coat of color to the entire tip. Seal with a clear topcoat. If you don't have the original color on hand, remove all the polish from the chipped nail and paint it a different, complementary color. Voilà—it's an accent nail!

NEW USES FOR OLD THINGS

WINEGLASS



RUNNER-UP

CUPCAKE CLOCHE:

Cover a leftover treat with a turned-over wineglass to prevent it from going stale or getting smushed.

—idea courtesy of JAN URICK, Gilbert, Arizona



RUNNER-UP

VOTIVE LAMP:

Drop a flameless votive candle in a wineglass. Next, wrap a piece of decorative translucent paper around the glass and secure it with tape to create a lampshade.

—idea courtesy of LINDA BURTON, Fort Worth



RUNNER-UP

TERRARIUM:

Fill a wineglass with a layer of small rocks and a layer of soil, then add a small succulent or an air plant.

—idea courtesy of SARA MCCLELLAND, Strongsville, OHIO

WINNER

DIP SERVER: Scoop guacamole or salsa into a wineglass, then stand it in the center of a bowl of chips for an impromptu chip-and-dip platter.

—idea courtesy of CONNIE HARGET, Sagamore Hills, Ohio



STAY TUNED FOR MORE CLEVER WINNERS OF OUR 2015 "NEW USES FOR OLD THINGS" CONTEST

Throughout this year, we'll feature the smartest, most creative ideas straight from RS readers like you.

Photograph by Victor Prado



See how to create this yourself

©2014 S.C. Johnson & Son, Inc. All rights reserved.

Mrs. **MEYER'S**
CLEAN DAY
home-GROWN
FRESH
MRSMEYERS.COM

We **INSPIRE** the **BEAUTY**
and **JOY** of **HOMEMAKING.**

Check out more DIY ideas from Maxwell Ryan of Apartment Therapy.



Smart solutions for life's little disasters



Started my Camry.
Rescued a dog.
Searched for the owners.
Uncovered a plot.
Escaped with the evidence.
Took a leap of faith.
Left them all behind.
Kept the dog.

THE **BOLD** NEW **CAMRY**

ONE BOLD CHOICE LEADS TO ANOTHER.



The 2015 Camry. Our boldest Camry ever.
toyota.com/camry

Prototype shown with options. Production model will vary. ©2014 Toyota Motor Sales, U.S.A., Inc.



TREND TO TRY

YELLOW

Apparently, the fashion industry is as eager for spring as you are. Everything's coming up daffodils.

THE REALIST



1 DAPPLED EARRINGS

Highlight your face with brilliant chandeliers. Stella & Dot earrings, \$49, stelladot.com.

2 SUNNY DRESS

This eyelet design has a forgiving A-line shape and waist-whittling seaming. Throw on a cozy cropped cardigan until it warms up. Adrianna Papell dress, \$140, Dillard's, 800-345-5273.

3 BUDDING BAG

Made of sleek Lucite, this clutch features a gorgeous blossom and a handy-dandy chain strap. Alice + Olivia by Stacey Bendet handbag, \$395, alicandolivia.com.

4 ZIPPY KNIT

Still chilly out, but ready to shed the winter stuff? Layer this highlighter-toned sweater over a white shirt and unzip the side zipper halfway for a cool look. Harvey Faircloth sweater, \$275, Badowers, 515-283-2121.

5 PEPPY PUMPS

These cheery suede heels perk up everything from a work sheath to white jeans; they'll make you feel like you're walking on sunshine. Isaac Mizrahi pumps, \$130, nordstrom.com.

6 BRIGHT TOP

Easy spring outfit: Tuck this pretty, sheer blouse into a flirty full skirt. The Limited top, \$40, thelimited.com.

Written by
Yolanda Wikel

Photographs by
Jens Mortensen

SOFT STYLING BY DEULON LESURE

DEFY GRAVITY.

A MORE YOUTHFUL PROFILE STARTS WITH
THE APPLES OF YOUR CHEEKS.



VOLUMA® XC

JUVÉDERM VOLUMA® XC is the first and only FDA-approved injectable gel specifically designed to add volume to the cheek area. As we age, it's not just about lines and wrinkles. The face can also lose volume and sag. JUVÉDERM VOLUMA® XC instantly adds volume, creating contour and lift. It's the non-surgical filler doctors use to help restore a more youthful profile for up to **two years** with optimal treatment.

See before and afters at
JUVEDERM.COM



Actual patient. Results may vary.

APPROVED USE

JUVÉDERM VOLUMA® XC injectable gel is for deep injection in the cheek area to correct age-related volume loss in adults over the age of 21.

IMPORTANT SAFETY INFORMATION

You should not use JUVÉDERM VOLUMA® XC if you have a history of severe allergies/allergic reactions, or if you are allergic to lidocaine or hyaluronic acid. The safety of JUVÉDERM VOLUMA® XC injectable gel for use during pregnancy or while breastfeeding has not been studied. The safety in people with a history of excessive scarring or pigmentation disorders has not been studied. Tell your healthcare professional if you are on therapy used to decrease the body's immune response, or using products that can prolong bleeding, such as aspirin, ibuprofen, or other blood thinners. The long-term safety of repeat treatments and the safety for use in people with very thin skin in the cheek area has not been studied. The most common side effects with JUVÉDERM VOLUMA® XC include tenderness, swelling, firmness, lumps/bumps, bruising, pain, redness, discoloration, and itching, and generally last 2 to 4 weeks.

To report a side effect, please call Allergan Product Surveillance at 1-877-345-5372. For more information, please see www.juvederm.com or call the Allergan Medical Information line at 1-800-766-0171.

JUVÉDERM VOLUMA® XC injectable gel is available by prescription only. © 2014 Allergan, Inc. ® marks owned by Allergan, Inc. APC20DV14



HOW DID WE GET HERE?

BEER

Crack open a cold one, sit back, and enjoy the rich history of the Everyman brew. In the words of Shakespeare, "For a quart of ale is a dish for a king."

3000 B.C.

The first written mention of the beverage. Sumerian priestesses carve into clay tablets a poem to Ninkasi, the goddess of brewing, as well as a recipe for ale. Centuries later, ancient Egyptians and Babylonians treat pyramid builders to home-brewed beer as payment, says Pete Brown, the author of *Shakespeare's Pub*, a historical book about beer.



Prior to 1500, beer is safer to drink than water, due to rampant disease and poor sewer systems. Even kids knock it back.

MIDDLE AGES

Brewing continues to be a religious experience, as the Catholic Church is the main producer and distributor. In fact, the oldest commercial brewery (which is still in operation, known as the Bavarian State Brewery Weihenstephan today) originated in a monastery in Bavaria.

16TH CENTURY

Now you can take that brewski to go. Legend has it that English clergyman Alexander Nowell accidentally invents a way to bottle beer.



Steel beer cans (easier to ship) are first sold in 1935. Aluminum cans pop up in 1959.

1791

Some patrons have been escaping dark taverns for the few outdoor *Biergartens* in existence here and there, but the opening of Munich's Königlicher Hirschgarten, the world's largest beer garden, boasting 8,000 seats, makes alfresco imbibing more accessible. (If you choose to visit today, sample the crowd-pleasing Augustiner.) By the 1800s, these establishments are commonplace.



BUZZKILL: BEER DOESN'T BECOME THE FOCAL POINT OF THE TRADITION UNTIL YEARS LATER.

1810

Crown Prince Ludwig of Bavaria marries Princess Therese of Saxony-Hildburghausen and toasts with all of Munich. Every year after that, citizens mark the event—*Prost!*—with a 16-day Oktoberfest.

1929

"Guinness is good for you," the slogan that spawned posters in countless pubs (and dorm rooms), is born. Although it is one of the most notable taglines, the claim was never proven and is no longer allowed to be used in most places, says Gavin D. Smith, the author of *Beer: A Global History*.



1933

April 7 marks the beginning of the end for Prohibition. Immediately after the clock strikes midnight, the Coors brewery starts producing new barrels of beer, says Smith.

1970s

Low-calorie beers surface—along with genius TV ads. After doing market research in bars, Miller finds inspiration for the "Tastes great, less filling" campaign, ranked one of the best ads of the century by *Advertising Age*. Meanwhile, heartier "microbrews" from independent producers become increasingly popular in the United Kingdom. In the following years, these craft breweries slowly catch on in the United States.



3,296

THE NUMBER OF CRAFT BREWERIES IN THE UNITED STATES IN 2014, ACCORDING TO THE BREWERS ASSOCIATION. IN 1980 THERE WERE ONLY EIGHT.

2015

There's nothing micro about the craft-brewery boom, which is abuzz with experimental flavors. (Try New Belgium's coriander-infused Trippel or Bison's Organic Honey Basil.) Brewing is now as much of a science as an art. Paul Smith's College, in upstate New York, introduced a minor in craft-beer studies and operations and is among a handful of schools now offering programs in fermentation science.

Written by N. Jamiyla Chisholm



HAVE A BEER-TASTING PARTY
Pick up fun tips at realsimple.com/beerparty.

calvinkleinbeauty.com
macy's and macys.com

endless euphoria
Calvin Klein





HOW TO STORE IT
Store unopened bottles in the pantry for 3 years. Opened bottles should go in the refrigerator and last about 1 month.

THE STAPLE

SOY SAUCE

It's not just for takeout! Full of umami—the mysterious fifth taste often described as “savory”—this richly flavored condiment has a salty kick that wakes up snoozy spaghetti, rice, or soup. Soy sauce is made by a slow, months-long fermentation of soybeans, salt, and wheat. (Gluten-free options are available, too.) Some makers add chemicals to speed up this process, so look for brands that are naturally fermented or brewed.

Written by Charlyne Mattox
Photograph by Victor Prado

REAL SIMPLE'S FAVORITE BRAND
•Kikkoman Less Sodium Soy Sauce
It has the same satisfying flavor as the original recipe, but with 40 percent less salt.

3 TASTY IDEAS

RECIPE

Soy and coconut kale chips

An addictive combination of crispy and subtly sweet.

HANDS-ON TIME:
5 MINUTES
TOTAL TIME: **25 MINUTES**
SERVES **4**

Rub 1 small bunch stemmed kale with 1 tablespoon each canola oil and soy sauce. Toss with 2 tablespoons shredded unsweetened coconut. Roast on 2 baking sheets at 300° F, tossing and rotating the sheets halfway through, until crispy, 15 to 17 minutes.

EASY UPGRADE

predinner nibble

Toss 1 can chickpeas with 2 tablespoons soy sauce and 2 teaspoons canola oil. Roast at 450° F until dark brown and crispy, about 15 minutes. Sprinkle with toasted sesame seeds and serve.

EASY UPGRADE

last-minute snack

Drizzle a little soy sauce and Sriracha or fresh lime juice in the well of a halved avocado. Grab a spoon and dig in.



WHY ARE SALTY FOODS, LIKE SOY SAUCE, SO IRRESISTIBLE?
[Read up on this at realsimple.com/umami.](https://realsimple.com/umami)

**They played a game of License Plates
And spotted two Montanas.
But when brother spied Alaska,
The whole car went bananas.**



Inspired by the London Family of Mill Valley, CA
Share your Goldfish® Tales at GoldfishSmiles.com

Always baked with real cheese.
The Snack That Smiles Back®



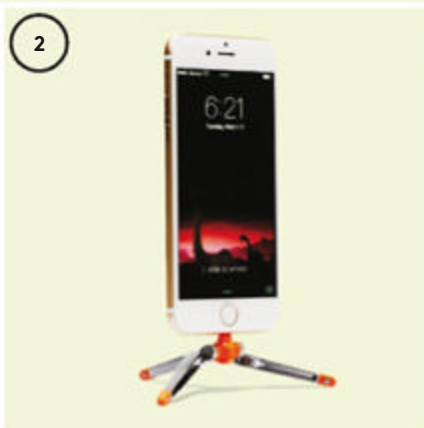
Little Helpers

4 ingenious products to make your day easier



1 PORTABLE KEYBOARD
Hate typing on a touch screen? This spill-resistant silicone mat wirelessly connects to your iPad, iPhone, Apple TV, and more. About the size of a tablet, it weighs less than seven ounces. In three colors. Keys-to-go, \$70, logitech.com.

2 CAMERA-PHONE TRIPOD
Insert the tiny fold-out stand into the charging port of your mobile device for crisp, brilliant picture taking. Also lends a helping hand for selfies using a timer. \$30, kenu.com.



3 WINDOW STEAM CLEANER

Using just water, this handheld super squeegee shines and sanitizes effortlessly. Sienna Visio, \$100, siennadirect.com.

4 SMART GROCERY TOTE
Cushioned dividers and pockets protect delicate berries, and an insulated lining protects pints of ice cream. And you can adjust the interior to accommodate large bottles or layers of produce. In three colors. \$85, cabaggage.com.



Photographs by Victor Prado



Eco revamp: Showering

Here are some little and big ways you can make a difference.

1. TAKE SHORTER SHOWERS. Up to 44 gallons of water go down the drain during a 20-minute shower using a standard showerhead. But you'll use less than 18 gallons if you limit your shower to eight minutes. Track the minutes with a shower timer (like EcoSavers Shower Timer Drop, \$8, globalecobrands.com), or create an eight-minute playlist. Also, go easy on the baths: Filling a tub can require 70 gallons.

2. REPLACE YOUR SHOWERHEAD. The average family could save 2,900 gallons of water annually and reduce water and energy costs by more than \$70 if they swap in a head with a WaterSense label (models cost from \$10 to \$300). "They perform as effectively as standard showerheads, so you'll still have a strong flow," says Karen Wirth, a spokesperson for the U.S. Environmental Protection Agency.

3. RECONFIGURE YOUR PLUMBING. A demand pumping system senses when "hot" water is cold and sends it back to the heater before it reaches the showerhead, so the shower is ready to jump into in just 20 seconds. With a conventional system, 5 to 10 gallons of water can be wasted as you wait for the flow to warm up, says Sam Rashkin, the chief architect for the U.S. Department of Energy's Building Technologies Office. The system is pricey to install (about \$600 to \$700), but it saves thousands of gallons yearly. —KAITLYN PIRIE



NO WORRIES HERE.

NEW Secret Outlast Clear Gel. Superior odor protection that goes on clear for no white marks. FEARLESSNESS. APPLY DAILY.





CERTIFIED HEART-HEALTHY BY THE AMERICAN HEART ASSOCIATION



CERTIFIED HEART-HAPPY BY YOU



Over 40 choices of *Campbell's® Healthy Request®* soups are certified heart-healthy by the AHA.



M'm! M'm! Good!®

While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of heart disease.

Life Lessons

GOOD READ



Getting my feet wet

After decades of hot-stone, cold-cucumber, and sea-salt treatments, *Ann Hood* inexplicably remained a mani-pedi virgin—until a journey with her mother helped her make peace with her past (and pedicures).

I HAVE BEEN RUBBED, scrubbed, buffed, and scraped. I've been wrapped in banana leaves and lavender and towels soaked in chamomile tea. I've been exfoliated with rare pink sea salt, cornmeal, loofahs, flower petals; soaked in Malbec, sulfuric springs, water from the South China Sea. In India I had a head massage with oils that I couldn't wash out for weeks. I've stretched out naked on beaches from Hawaii to Vietnam for massages, had hot stones and cold cucumbers placed on my body, been oxygenated, squeezed, pounded, and once even kissed, all for the delights of loosening muscles or obtaining glowing skin or just to feel pretty.

But there was one thing I had never done. Ever. Me, who loves spas and beauty treatments, was still, technically, a virgin.

Left alone all day and night on a cruise ship slowly heading to Bermuda while my mother gambled in the onboard casino, I naturally headed to the spa.

Photograph by Kristin Zecchinelli

I'd read about it months earlier, when the first brochures arrived, and dreamed of the hot-stone massage or Balinese stress remedy I'd get aboard ship. But after the coldest, snowiest winter on record, a winter where I did what I do every winter—hastily smear dark silver polish on my toenails and leave it there until spring arrives or it just fades away—the dream of my toes in pink sand under a warm Bermuda sun led me to book a pedicure.

"Choose a color," Latoya ordered as she prepared a bubbling foot bath.

Without hesitating, I plucked a metallic blue from the shelf and handed it to her. Then I stood, barefoot and confused, unsure what to do next.

Latoya eyeballed the remaining streaks of silver on my big toes.

"When was your last pedicure?" she asked me.

I glanced around the thankfully empty spa.

"Uh," I said. "Never."

The truth was out. There I was, squarely in middle age, and I'd never had a pedicure or a manicure. Even though my body had been massaged and rubbed countless times, my nails had never been touched.

In the Italian-American home of my childhood, nail polish was not an option. We were a family that worked with our hands. My mother stuffed Easter baskets and Christmas stockings in a novelty-candy factory; my grandmother kneaded dough and rolled gnocchi and planted tomatoes. Their hands were not pretty or ornamental. No, their hands had calluses and small cuts and torn cuticles. They didn't wear makeup, either. My grandmother not at all, my mother just a splash of bright lipstick, orange or hot pink or red. No one used lotions or creams, except Vaseline on heels and elbows. Although my mother and her sisters made weekly trips to the hairdresser, who teased and sprayed until their hair became unmovable, none of them went to spas for anything. In fact, until Jordan Marsh opened at the mall, there wasn't anywhere to go.

I saw my hands the same way. They were working-class hands. After college, I went to work as a flight attendant for TWA. Around me, pretty women flashed painted nails shaped into ovals or square-tipped. I succumbed to the luxuries of rich moisturizers and blush that matched the maroon stripes in my Ralph Lauren uniform and the magic in a tube of pink-and-green Great Lash mascara. For someone who'd relied solely on flavored lip gloss as makeup, these new pleasures felt positively decadent. But my fingers

popped hundreds of pop tops on cans of soda and beer as I made my way back and forth across the country, the world. The nails broke and split as I popped those tops. Polish? Why bother?

As my fingers opened cans, my feet walked. More than a million miles, up and down the aisles of 747s and L-1011s. In high heels. If manicures seemed useless, pedicures were downright ridiculous. At home in my little Greenwich Village apartment, I went barefoot, and my boyfriend massaged my tired feet. Sometimes, for fun, he bought nail polish and painted my toenails red. It felt sexy and intimate having him do that, and whenever I glanced down at those red toenails, I was reminded that someone loved me. But it didn't occur to me to actually plop myself down in a salon chair and have a professional pedicure. In fact, deep down, that part of me that was still a blue-collar girl from a working-class family thought such a thing was a waste of money and time.

It's funny what we hold on to from our childhoods, from the people we used to be. Surely I had obtained expensive habits: golden highlights in my hair, eyelashes dyed every six weeks, facials, and all those luxurious wraps and massages and rubs. But my hands and feet, the parts of me that worked, wore their labor, as if I needed to somehow say, "See? I'm still that girl!" Mostly, though, as I got older, I worked very hard not to be that girl. I managed to eliminate my New England accent, which wasn't the almost British-sounding, Kennedy-esque one, but one with a harsher assault on R's. I developed a taste for good wine and good food, for flying first class, for finer things. For my wedding, I even let a girlfriend give me a French manicure, sweeping clear polish over my stubby nails and tipping them in white. Still, every time I glanced down at those painted nails, they seemed to belong to someone else, not to me—or what

In the home of my childhood, nail polish was not an option. We worked with our hands. My mother stuffed Easter baskets and Christmas stockings in a factory; my grandmother kneaded dough and rolled gnocchi and planted tomatoes.

Now every dog wants
to be a **cesar**® dog.



cesar® savory delights®

Irresistible combinations in a variety of delicious entrées,
like porterhouse steak flavor with peas and carrots.

cesar® love them back.®

©/TM Trademarks © Mars, Incorporated 2013. Westie image and tray shape are © trademarks.
Other trademarks are property of their respective owners.

visit cesar.com or join us at facebook



I knew to be the real me, perhaps. Before I got on the plane to my Caribbean-island honeymoon, I removed the polish.

One year, for reasons I still can't understand, I gave my mother a day at a spa for her birthday. Maybe I wanted to show her how far I'd come? Or maybe I simply wanted to pamper her? My mother had quit school when she was 16, after her father died, and worked in a series of factories—one that made artificial flowers, another that made luggage, the novelty-candy factory. Eventually she quit those jobs and worked as an Italian translator at the IRS office in Providence, which led to her becoming a tax preparer and then a tax auditor. Nowadays she wore pretty wool suits to work. She carried a briefcase. Still, she never felt comfortable in an office job, as if she were an imposter there. She deserved to be pampered, to have her skin exfoliated and softened, to have ballet pink fingernails and maybe daring burgundy toenails.

When she saw the gift certificate, she looked confused. And by the time we reached the spa, she looked downright angry. "Relax," I told her. "You're going to love it."

Reluctantly, she let the receptionist lead her to her treatment room for a facial, a massage, and, yes, a mani-pedi. It was a half-day visit, so I settled in with a book, smiling.

Only minutes after she'd disappeared, my mother reappeared, crying.

"Get me out of here," she said. "Take me home."

The baffled receptionist tried to get her to stay. But there was no keeping my mother in that spa. She didn't just walk out—she fled.

"That's not who I am," she told me in the car. "I'm not that person."

That person.

Like me, my mother could not really shed her roots. No amount of lotion or polish could change that.

Yet here I was, on a cruise ship, my feet soaking in scented water, about to have my first pedicure.

As Latoya filed and oiled my toenails, she asked me why. Why, if I've had every other spa treatment, haven't I had a pedicure or a manicure?

I just shrugged, but I finally did

understand why. As much as I had left my blue-collar, working-class roots behind, I still stubbornly—even proudly—couldn't let go of them. In fact, I didn't really want to. My bare, sometimes broken, nails had become a kind of symbol of where I'd come from and who I was deep down. But all these years later, I realized I could let go of that notion. With or without painted nails, I was still that little girl from that Italian-American family, and all that came later, too.

I looked out at the blue, blue water, at the silvery sunlight sparkling on it. This was the same ocean I had grown up swimming in, I thought. But it didn't look like this up north. There, it was darker, grayer, wilder. My mother had summers off from that candy factory, and every day she'd drive us to the state beach 30 minutes away. While she and my aunt sat in plastic beach chairs smoking Pall Malls, my cousins and I swam, riding waves like they might take us somewhere.

"Now look how pretty you are," Latoya said, holding my softened feet up for me to see. There, shiny and blue as the ocean in front of me, were my toenails. They were, I admit, gorgeous. So gorgeous that I took a picture of them in that pink sand.

"Come back later," Latoya said, "for a manicure."

I looked down at my uneven fingernails, none of them the same length or shape, and smiled.

"Maybe another time," I said, and I headed down the stairs to the casino to meet my mother.

I found her, a cigarette dangling between her lips, her eyes shining at the sight of me. She handed me a \$20 bill and directed me to the slot machine beside her. But I didn't insert it right away. Instead, I watched as her beautiful hand grabbed hold of the lever and pulled it down. I took hold of her other one, pressing her calloused palm against mine and holding on tight. ■

My bare, sometimes broken, nails had become a kind of symbol of where I'd come from and who I was deep down. But all these years later, I realized I could let go of that notion.



About the author
Ann Hood is the author of 13 novels, two memoirs, a short-story collection, and an anthology about knitting. Her most recent novel is *An Italian Wife*.



PHOTOS: (LEFT) ERICA GEORGE DINES; (RIGHT) WENDELL T. WEBBER

All the DIY and decor everything from all over the Internet

Get the decor and DIY inspiration you need to create
the space of your dreams at a price you can afford.

PLUS, share your amazing project ideas and
transformations alongside content from your
favorite websites, magazines, and brands!

Join the party!

TheSnug.com

A brand-new site
curated by the pros
and editors of
REAL SIMPLE,
THIS OLD HOUSE,
PEOPLE,
and more!



SPONSORED BY



BRIGHTENING THAT'S LIGHT YEARS AHEAD

Introducing **New StriVectin Intensive Illuminating Serum** powered by NIA-114 technology and breakthrough brightening actives. This high potency, clinically proven treatment significantly enhances skin clarity for a radiant, even looking complexion.

86% saw brighter skin*

86% saw improved skin texture*

81% saw more even skin tone*



StriVectin®

STRIVECTIN.COM f t

800.817.2973 ULTA IMPULSE BEAUTY AT MACY'S NORDSTROM
DILLARD'S LORD & TAYLOR QVC.COM CARSON'S

Modern Manners

REAL SIMPLE'S ETIQUETTE EXPERT,
CATHERINE NEWMAN, OFFERS HER BEST ADVICE
ON YOUR SOCIAL QUANDARIES.

My husband and I own two cars. I have a friend from a one-car family who often asks me for a ride to work or to borrow my car so she can run errands during the workday. I always oblige but have begun feeling resentful. Even though she doesn't drive the car far, she never offers to put gas in the tank and seems to take it for granted. Additionally, her family used to own two cars but chose to sell one for the cost savings. Am I being unreasonable? If not, is there a polite way to let her know that I feel she is overstepping a boundary?

H.H.

About Catherine

The author of the parenting memoir *Waiting for Birdy*, Catherine Newman has shared her wisdom on matters ranging from family and friends to happiness and pickling in numerous publications. She gets advice from her husband and two opinionated children in Amherst, Massachusetts.

appreciate it if you would chip in for gas." If you prefer to stop lending the car, look into your insurance policy. Car insurance often sticks with the vehicle, not the driver, so you can probably make an honest case that yours won't cover her use of it.

When I moved into my new house, my mother made me a set of drapes. I really appreciate the work she put in, but the fabric is an ugly pattern in colors I hate. How do I let her know that I want to replace them without seeming like an ungrateful daughter?

L.F.

If I were you, I would be tempted to remove the beastly drapes, then put them back up every time my mother came over—even though an unannounced visit would turn my life into an *I Love Lucy*-style disaster. And even though it would be dishonest. That said, telling your mother the truth feels harsh. If there's a little-used room in your house, hang the drapes there and point out how perfectly they work in the space. Otherwise, explain to your mother that you're taking your decorating in a different direction. Say, "You put so much work into these curtains, and I'm so grateful, but I'm shifting things around in the house, and I don't think they're going to work anymore." See if she has any use for them herself—or suggest you hold on to them in case they work again at a later date. And who knows? With the way tastes and fashions change, they just might.

I can see why you're irritated. Borrowing shouldn't entail any expense for the lender. Take the cocktail dress to the cleaners, have the vacation home cleaned, and, yes, fill the car with gas. Nonetheless, if your friend is struggling to pay the bills or is significantly less well-off than you are, you might simply help as you're able to and let it go. See yourself as donating to their cause, not being taken advantage of. If, on the other hand, you believe that you're subsidizing the voluntary frugality of a parsimonious (and inconsiderate) financial equal, say something. "As you know, it's expensive to keep two cars. If you're going to keep borrowing ours, we would



As a senior citizen, I'm perplexed by the tendency of younger men to eat at a restaurant with their caps on their heads, often turned backwards. I was taught to never wear a hat during a meal. What is acceptable etiquette today?

K.S.

Indeed, times have changed. Fifty years ago, a man would no sooner have worn a hat at the table than shoes into the shower, and doing so would have been an etiquette transgression of the highest order. (Women, whose hats were understood to be decorative rather than functional, were exempt from this mandate.) Now, however, it is culturally acceptable to keep one's hat on at a casual restaurant, such as a diner or a coffee shop. I say culturally rather than officially, because Emily Post agrees with you that men should remove their hats at meal-times. Like it or not, though, standards are evolving. The odd backwards baseball cap is not intended as a sign of disrespect and, assuming the wearer is not at the Four Seasons or a house of worship, you might even take it as an innocuous style preference rather than an impropriety.

Of course, please continue to remove your own hat. There are surely like-minded diners who appreciate this.

I have a 12-year-old son who is on the autism spectrum. Whenever I gather with my siblings and their families, it's like he's invisible. Neither my brother nor his wife talks to him. (He is very verbal.) My sister will occasionally ask how he's doing, but the focus always seems to be on their children and the wonderful things they're doing. I dread going to family get-togethers, since I feel he's being slighted. I've said something to my mother about this, and she says to ignore it, that no one means anything bad. But it is hurtful. Any advice?

M.M.

I'm sorry. That sounds like such a painful situation, even though I agree that nobody is trying to hurt you. But then, nobody is *trying*, period. Extend the benefit of the doubt a little further and assume that your family is more nervous about engaging with your son than unwilling to try. People accustomed to interacting only with kids who are neurotypical can worry that they're going to do the wrong thing with one who isn't. Help them. "I know that my son is different," you might say, "but he really likes to talk, and I'd love for you to get to know him better. It would mean a lot to me if you would try." Suggest some

People accustomed to interacting only with kids who are neurotypical can worry that they're going to do the wrong thing with one who isn't. Help them.

favorite discussion topics. Or invite them to join you in conversation with your son so they can learn how to negotiate this unfamiliar relationship. Make it clear to your siblings and their kids that including him is essential—and it is absolutely up to them to make an effort—but that you're on their side and happy to lend a hand.

Since I got a new cell phone over a year ago, the same elderly woman has called me numerous times, asking to speak to her daughter Maggie. At first I thought she had the wrong number, but now I think she is suffering from a memory condition. She often calls three times in a row and sometimes refers to herself as Maggie or asks if I know

Maggie's phone number. How should I handle these calls? Treat each like an individual wrong-number incident? Remind her that we've had this conversation before? Let them go to voice mail and leave her waiting for a call back? It's not a nuisance to the point that I need to block the number. And if I did, I would worry that it would upset her, thinking that she can't reach "Maggie." I'm wondering what would be the most helpful and least hurtful way to handle this.

J.F.

Bless your good nature in a trying situation. Clearly the information you're imparting is not being absorbed, and these misdials are probably just the tip of the dementia iceberg. I spoke with Laurie deSilva, a geriatric social worker in Lansing, Michigan, who confirmed this: "If the caller truly does have a form of dementia, reminding her that 'we've had this conversation before' will not help and could potentially upset her or increase her anxiety." The kindest gesture is to ask if there's someone you can speak with so you can explain the situation. Hopefully, this woman is connected to real people in her life—maybe even an actual daughter named Maggie—who can strategize about the best ways to help her. As a last resort, if she lives alone or seems at risk, call adult protective services in your state for advice.

HAVE AN ETIQUETTE QUESTION?

Submit your social conundrums to Catherine at REALSIMPLE.COM/MODERNMANNERS. Selected letters will be featured on these pages every month.

AN INTRODUCTION AS GOOD AS GOLD

*Offer expires 7/31/15 at 11:59pm (PT). Offer is valid for one billing address only and is not applicable to previously placed orders, photo books, calendars, planners or gift certificates. Shipping offer applies to Standard US Shipping rates only. The offer cannot be combined with other offers. To prevent abuse, we reserve the right to modify the offer at any time without notice. iPad is a trademark of Apple Inc.



Our holidays are sparkling a bit more this year!

ZACHARY
ROBERT WELLINGTON

November 30, 2014 at 2:34 pm
7 pounds, 12 ounces and 21 inches

JACKSON AND LAURA

ENJOY 20% OFF + FREE SHIPPING* CODE: **TPH3C15**
ANNOUNCEMENTS · INVITATIONS · THANK YOU CARDS · HOME DÉCOR



DOWNLOAD OUR NEW IPAD APP

tinyprints.

TINYPRINTS.COM

BREATHE

When you're overloaded with stress, you tend to breathe in a **shallow way**, not fully emptying your lungs. This just creates more tension in your body. Lengthening your exhale can stimulate your body's ability to **relax and release** stress. Put your hand on your **upper chest**. Take a breath, then exhale with the feeling and sound of a sigh of relief: "Aahhhh." Notice how your chest **softens downward** under your hand as air flows out. Do this a couple of more times and think about your lungs **releasing toxins** and stale air, creating more space for **fresh air**. Then inhale, and on the exhale **whisper**, "La, la, la, la..." for the length of the exhale. (This helps carry air out of your body.) Feel the air **emptying out**. Let each inhale come naturally, whenever it arrives, allowing your **abdomen to soften** each time. Repeat until you feel your whole body softening. How are you feeling? You may notice your breath

Photograph by Ilan Rubin

THIS MONTH'S
EXPERT
MARGARET TOWNSEND
is a certified breathwork and
Hakomi practitioner in the
Portland, Oregon, area.
She has taught there for 25
years, blending her training
in shiatsu, reiki, qigong, yoga,
and other disciplines. Find
her at thelivingbreath.com.

emptying **more completely**, without any force. Enjoy this, following each breath all the way to the end and as it comes in **effortlessly**. Then let your hands rest in your lap and your body and mind rest in the **nourishing space** you just created.

BRIGHT IDEAS

OFFERS

EVENTS

FINDS

GIVEAWAYS



TOAST TO A BETTER MORNING AND ENTER FOR A CHANCE TO WIN

Start your morning off right with *Pepperidge Farm®* Swirl bread and Cozi, the free, must-have organizing app for every member of the family. We're giving away 150 yearlong upgrades to Cozi Gold, the ad-free version that includes premium features and VIP customer support (a \$29.99 value). For entry details and Official Rules, visit realsimple.com/cozisweeps between 2/1/15 and 3/12/15.

Sponsor: TI Media Solutions Inc., 1271 Avenue of the Americas, New York, NY 10020.



TOP EVERYTHING

Add a fresh twist to any meal with PeakFaction™ Guacamoles and Salsas. A state-of-the-art pressurized, cold-water process captures ripe, fresh ingredients at the peak of perfection so they're fresh and ready for any meal, any time.

Spread the love onto your favorite sandwich by swapping in delicious PeakFaction™ Guacamole for your usual mayo. You'll get all the creamy taste (plus heart-healthy antioxidants) for about half the calories. Or heat things up by subbing spicy PeakFaction™ Salsa for ordinary ketchup.

Look for them in your deli department at The Kroger Co. Family of Stores. Find a location near you at kroger.com.



MEET THE LIFESTYLERS

Keep up with the tastemakers and trendsetters behind the brand you love! Go to our Lifestylers hub and follow us on social media for an inside look at the latest doings and obsessions of the RS Marketing team. Bookmark us today at RSLifestylers.com.

LIFESTYLIST BLOG: See what we're loving, discovering, and obsessed with every week

BRIGHT IDEAS: Check out exclusive advertiser offers, events, finds, and giveaways

FACEBOOK: Stay up-to-date with our favorite tips and special offers

TWITTER: Get our newest offers and the scoop on upcoming events

INSTAGRAM: realsimplelifestylers

PINTEREST: RealSimpleLifestylers



WEDDINGS WELL SENT

Express your personal style and make a beautiful impression before and after your Big Day with the Real Simple collection of wedding stationery, available exclusively at FineStationery.com. From now until 5/31/15, get 15% off with code WEDDINGRS. Shop today at FineStationery.com/realsimple.

BEAUTY BREAKTHROUGH

AGE-DEFYING LASER

Until now, the benefits of the Age-Defying Laser could only be achieved with a series of dermatologist treatments. Now you can visibly restore your skin's natural luminosity and smooth hard-to-treat wrinkles around the eyes at home. The Age-Defying Laser is the first device FDA-cleared for use on the entire face. It continuously rebuilds collagen beneath the skin's surface for a more youthful and radiant appearance in as little as 2 weeks.

DISCOVER AN EXCLUSIVE OFFER
AT TRIABEAUTY.COM

AFTER 4 WEEKS,
PARTICIPANTS REPORTED:

95% | SMOOTHER SKIN

87% | MORE YOUTHFUL
AND RADIANT

76% | REDUCTION IN FINE
LINES AND WRINKLES

*FDA-cleared, appropriate for all skin
types and ethnicities.*



tria®

SEE BEAUTY IN A NEW LIGHT®

AVAILABLE AT:

triabeauty.com bloomingdales SEPHORA

the Guide

HOME

⊕
BUILD A BETTER
TOOL KIT 87

ASK THE ORGANIZER
90

FAMILY

⊕
Is your kid being
targeted for (gulp)
exclusion? Learn how
cliques work—and how
parents can help.....105

FASHION

⊕
REFRESH YOUR
WARDROBE WITH 5
SPRING TRENDS 95

BEAUTY

⊕
MAKE OVER YOUR
HAIR WITH BOBBY PINS:
FUN, AFFORDABLE,
AND FAST! 62

WORK & MONEY

⊕
HOW TO BE YOUR OWN
FINANCIAL ADVISER 116

⊕
THE VIEW
FROM HERE:
KAT COLE
113

⊕
EPIC (WORK) FAIL: a
reader horror story ...114

HEALTH

3:1
HOW MANY MORE WOMEN
THAN MEN SUFFER FROM
MIGRAINES. HEALTH
DIFFERENCES BETWEEN
THE SEXES.....79

⊕
ASK
BUCKY
119

⊕
PRETTY
SMART
70

⊕
INSTANT
GLOW-
HOW:
THE BEST
BLUSH
FOR YOU
75

ON THE SIDE

A stack of long, colored bobby pins adds sophistication to a basic pony.

"Don't pin back the bangs too severely or too close to your part," says New York City stylist Paul Warren, who created the looks in this story. L. Erickson medium, wide bobby pins, \$7 for four, franceluxe.com.

PIN IT

Long the unsung hero of hairstyling, the bobby pin has gone from functional to fabulous. These easy looks will be your new *manestays*.

Written by Didi Gluck
Photographs by Barbara Donninelli



FROM SCALY TO HEALED IN 5 DAYS

New Vaseline® Intensive Care™
relieves very dry skin
from the first application
and heals it in just five days.
Clinically proven:

THE HEALING
POWER OF 

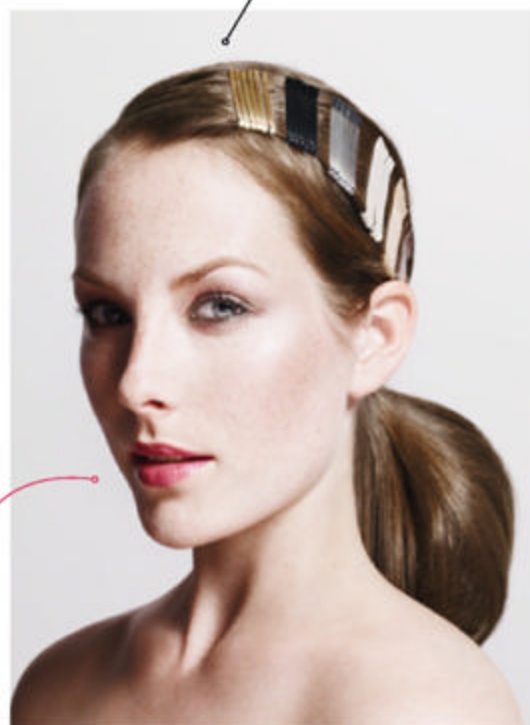


CROSS HAIRS

To create this bedecked braid, Warren gathered three large sections of hair—one on each side and one in the center. Then he wove them loosely, securing the bottom with two bobby pins. Last, he slid pairs of bobby pins through each wide swath of braided hair to add hold, finishing with hair spray. L. Erickson small, narrow bobby pins, \$10 for eight, franceluxe.com.

BAND TOGETHER

First Warren gathered the hair into a low ponytail. For the dramatic, graphic band, he used four to five long, matched bobby pins per section, sliding one in right next to the other and leaving a little space between each section. L. Erickson medium, narrow bobby pins, \$12 for eight, franceluxe.com.



THE RIGHT HEIGHT
FOR A LOW PONY?
AT THE JAWLINE.

COVERGIRL®

easy breezy beautiful

KATY PERRY

NEW FULL LASH BLOOM MASCARA

LASHES SOFT & FULL
AS A FLOWER,
NOT STIFF OR SPIKY.

get the look @covergirl.com
Katy blooms in Full Lash Bloom in Very Black.



PICK BOBBY PINS THAT CONTRAST WITH YOUR HAIR COLOR SO THE PATTERN STANDS OUT.

sticking points

Not all bobby pins are created equal. In fact, they're not even all classified as bobby pins. Here's what's what.



HAIRPINS

These wide-mouthed clips grab a lot of hair, which is why they're used to anchor bulky styles, like chignons and French twists, to the scalp.

TO BUY: Diane Hair Pins Combo Set, \$2 for 100, rickysnyc.com.



REGULAR BOBBY PINS

Traditional bobby pins offer the most hold. To avoid ripping out hair during removal, slide them out following the curve of your head.

TO BUY: Scunci No-Slip Grip Bobby Pins, \$4 for 48, amazon.com.



3

JUMBO BOBBY PINS

When you have a lot of ground to cover (for example, creating an ornate pattern on long, thick hair), these are your weapons of choice.

TO BUY: L. Erickson long, narrow bobby pins, \$14 for eight, franceluxe.com.



4

MINI BOBBY PINS

Slip these cute colored clips into the upper layers of short hair. They don't hold much, but what they lack in grip they make up for in style.

TO BUY: L. Erickson small, narrow bobby pins, \$10 for eight, franceluxe.com.

V FORMATION

This chic chevron pattern works on hair of any texture. First Warren gathered the model's dry hair into a low, loose bun. Then he scrunched a golf ball-size amount of mousse through the hair to give the pins something to grip onto. Next, he slid the pins in, two at a time. Scunci No Slip Grip Bobby Pins, \$4 for 48, amazon.com.



BONUS BOBBY-PIN LOOKS

Find three more easy styles at realsimple.com/bobbypins.

WHAT MAKES *ThermaCare*[®] DIFFERENT? IT HEALS.



Unlike creams and rubs that mask the pain, **ThermaCare**[®] has patented heat cells that penetrate deep to increase circulation and accelerate healing.



HEAT + RELIEF + HEALING = THERMACARE[®]
The Proof That It Heals Is You.


Like us on [facebook.com/thermacare](https://www.facebook.com/thermacare) and visit us at [thermacare.com](https://www.thermacare.com)



© 2015 Pfizer Inc. Use as directed.

How to get SERIOUS VOLUME in just 15 minutes

Spring's best hair is sexy and full, with tons of movement. Here's how to channel your inner bombshell, even on your busiest mornings with **three easy steps:**

1  **PREP** Give locks a boost with **Suave Professionals Luxe Style Infusion Soufflé Mousse**. Just apply a palmful, then comb evenly through damp hair. 

2  **STYLE** Blow-dry your hair in sections with a big round brush. Move in an upward motion to create volume.

3  **FINISH** Lock in volume with **TRESemmé Youth Boost Voluminous Hold Hairspray**. Spritz on dry hair to set your style. 



**STYLE[®]
MADE
SIMPLE**





© 2015 Unilever

now every curl can be
salon beautiful

NEW

Suave Professionals® Curl Defining Gel Serum

The conditioning of a serum and the hold of a gel — for 24-hour defined curls that are soft to the touch



WORKS AS WELL AS SALON BRANDS



Clutch play

Tired of having to edit your evening essentials? Stash them all in the **Nikki Hynek Dollup Case** (\$53, dollupbeauty.com). One side has elastic loops to secure items like lipstick, brushes, and mascara. The other side is magnetized to hold shadow and blush tins. (A tutorial on the company's website shows you how to pop them out of their compacts.) In the middle, there's a flip-up mirror with enough room underneath to stash an iPhone (if you don't mind getting some makeup residue on it).

PRETTY SMART

The latest beauty products and tips that save time, money, and—best of all—your sanity.

Written by Didi Gluck
Photographs by Danny Kim



THE CASE MEASURES
7½ INCHES WIDE, 4½
INCHES HIGH, AND 1½
INCHES DEEP.



CALM.
COMFORTABLE.
CONFIDENT.



EUCERIN SKIN CALMING
a complete solution for dry, itchy skin

Used daily, this nourishing body creme with soothing oatmeal moisturizes dry skin for a full 24 hours.

- ▶ Fragrance free
- ▶ Non-comedogenic
- ▶ Dermatologist-recommended

Visit our Skin Solution Center at EucerinUS.com

Eucerin®

Skin Science That Shows.



CALLING ALL BEAUTY JUNKIES

For more smart products, go to realsimple.com/beautyfinds.

Dull moment

Make that summery coral lipstick more March-appropriate by toning down its shine. **Cargo Cosmetics Matte Top Coat** (\$22, ulta.com) mattifies any traditional lip color, leaving it slightly less attention-grabbing (but every bit as appealing).

THE GUIDE
beauty



Q. AND A.

Q. MY NAIL KEEPS SPLITTING IN THE SAME SPOT. HOW CAN I STOP THAT?

DEB MILLER SWANSON, via Facebook

Unfortunately, you can't correct this condition, says Joy A. Johnson, a beauty educator and the owner of the Nails & Faces of Joy Spa, in Waldorf, Maryland. Audrey Kunin, a dermatologist in Kansas City, Missouri, and the founder of DermaDoctor skin care explains, "Splits occur when there has been some kind of trauma to the base, or matrix, of the nail." A strong whack is all it takes for the matrix to form a split. Damage to cells in the matrix (which is known as the "brain" of the nail) can cause the split to become permanent. Keeping the nail filed short will prevent the flaw from appearing pronounced. "A hard gel overlay, applied to the nail at a salon, can cover and smooth the nail, too," says Johnson.



Control yourself

A copious amount of coconut oil helps **John Frieda Frizz Ease Beyond Smooth Frizz-Immunity Primer** (\$10 at drugstores) reduce fuzz when you apply it to damp hair pre-blow-dry. Bonus: The longer you use it, the softer your hair gets.



Double vision

Covergirl Bombshell Powder Brow + Liner by LashBlast (\$9 at drugstores) has a thin foam tip that allows for the precise placement of powder, either in the brows or along the lash line. How eye-opening. In four shades.



HOLD IT!

THIS NAIL TOOL IS A CUT ABOVE: THE **SALLY HANSEN MINI HANGNAIL TRIMMER** (\$8.50 AT DRUGSTORES) HAS A TWEEZER-STYLE GRIP AND PINPOINT TIPS FOR SAFE, NO-SLIP SNIPPING.

Color fast

There's a new way to strike gold. **Jergens Natural Glow Instant Sun Sunless Tanning Mousse** (\$12 at drugstores) delivers the same subtle color in a few hours that the company's cult-favorite gradual-build tinted moisturizer does in three days.



Power puff

Don't sweat it, seriously. **Dove Dry Spray Antiperspirant** (\$5.50, drugstore.com) goes on completely dry (literally) for 48 (yes) hours of protection against odor and wetness, with no pesky residue. In six scents.



NEW

Colgate ENAMEL
HEALTH.

Because daily life can be
rough on tooth enamel.



Replenish & polish
for healthy enamel.

ColgateEnamelHealth.com

©2015 Colgate-Palmolive Company



REVEAL LAYERS OF LASHES FOR THE
SENSATIONAL
NEW FULL FAN
EFFECT.

NEW
LASH
sensational[™]
FULL FAN EFFECT MASCARA

Our **UNIQUE FANNING BRUSH**
with **10 LAYERS OF BRISTLES**. Inner
bristles reach to reveal layers of lashes.
Outer bristles unfold. For a truly
sensational full fan effect.

**SIMULATION OF PRODUCT
RESULTS ON LASHES ENHANCED
WITH LASH INSERTS.**

MAYBELLINE.com

MAYBELLINE

MAYBE SHE'S BORN WITH IT. MAYBE IT'S MAYBELLINE.[®]
Christy is wearing New Lash Sensational[™] Full Fan Effect Mascara in Very Black. ©2015 Maybelline LLC.

NEW YORK

FANNING BRUSH

MAYBELLINE
NEW YORK
LASH
sensa
tional
FULL FAN EFFECT

ROAD TEST

BLUSH

Foolproof and fast, a hit of cheeky color is the easiest way to avoid a winter washout. These pretty picks—chosen from more than 60 tested—tickled us pink.

Written by Jenny Jin
Photograph by Danny Kim

1 BEST FINISH

Rouge Bunny Rouge Original Skin Blush

This oil-infused powder blush actually “feels like a cream,” said a tester. The addition of silicone helps it stay put for hours and prevents it from looking cakey. In five shades.
TO BUY: \$28, us.rougebunnyrouge.com.

2 MOST VERSATILE

RMS Beauty Lip2Cheek

Packed with nourishing coconut oil and loads of pretty pigment, this natural pick hydrates dry patches while delivering a sheer veil of color. Dab it on cheeks, lids, or lips. In eight shades.

TO BUY: \$36, rmsbeauty.com.

3 LONGEST WEARING

Tarte Amazonian Clay 12-Hour Blush

Clay, the namesake ingredient in this fade-resistant formula, absorbs oil without drying skin, which helps the color stay put all day. In 16 shades.

TO BUY: \$26, tarte.com.

THE FORMULA WAS TESTED WITH AN HD CAMERA TO ENSURE THE COLOR LOOKS NATURAL ON-SCREEN AND OFF.

IT'S 100 PERCENT CRUELTY-FREE, AS CERTIFIED BY BOTH PETA AND THE LEAPING BUNNY PROGRAM.



4 BEST COLOR RANGE

Make Up For Ever HD Blush

“It wasn’t hard for me to find a shade that showed on my dark skin,” said a tester. With 16 to choose from and a blendable texture, there’s a match for everyone.

TO BUY: \$26, sephora.com.

5 BEST ALL-AROUND

Hourglass Ambient Lighting Blush

Equal parts highlighter and blush, this hand-mixed hybrid “gives you that lit-from-within glow that makeup artists always talk about,” said a tester. In six shades.

TO BUY: \$35, hourglasscosmetics.com.

6 BEST STICK

Maybelline New York Master Glaze Glisten Blush Stick

Ideal for refreshing your flush on the go, this inexpensive twist-up stick, infused with shea butter and pearlized pigments, melts seamlessly into skin. “I didn’t even need a mirror to apply it,” said a tester. In six shades.

TO BUY: \$9 at drugstores.

7 BEST VALUE

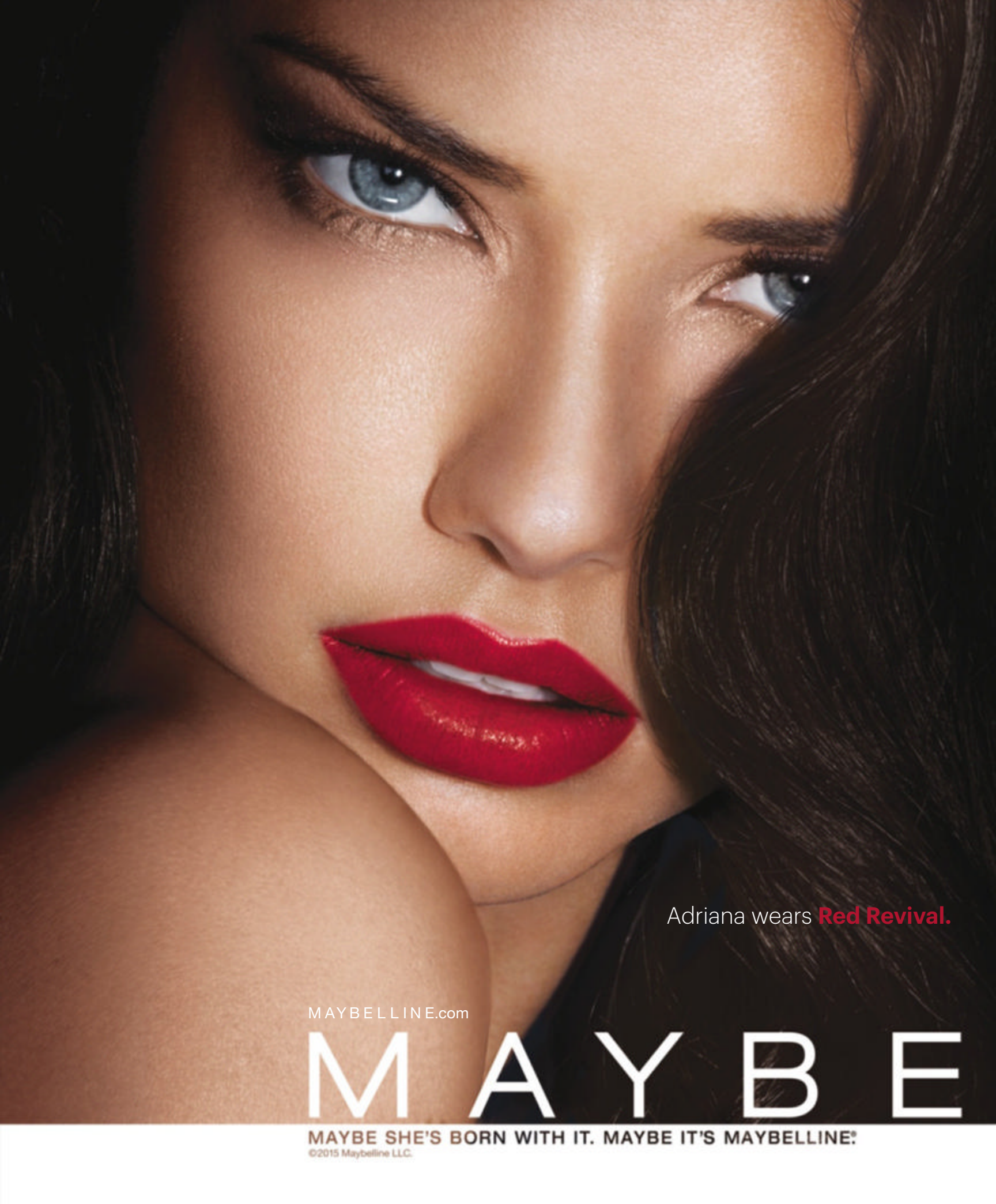
Milani Cosmetics Baked Blush

Not too sparkly and not too streaky, this budget buy delivers “budgeproof color.” Plus, it comes in shimmery and matte versions. In nine shades.

TO BUY: \$7, milanicosmetics.com.



BRUSH UP on exactly where and how to apply blush at realsimple.com/applyblush.



Adriana wears **Red Revival**.

MAYBELLINE.com

MAYBE

MAYBE SHE'S BORN WITH IT. MAYBE IT'S MAYBELLINE®

©2015 Maybelline LLC.



REVIVE
YOUR
LOVE
FOR
RED.

COLOR
sensational[®]
THE REDS

TRUER, CRISPER COLOR
from our rich, pure pigments.

CREAMIER, MORE SUMPTUOUS FEEL
from our nourishing honey nectar.

IN 8 RAVISHING RED SHADES. 80 SHADES IN ALL.

LLINE[®]
NEW YORK

FOR THE
MID-SENTENCE

tickle





Divide and conquer

New research suggests that the first step to preventing and treating illness is asking a simple question: What's your sex? Here's why—and what it means for you.

EVERYONE KNOWS WHAT A HEART ATTACK LOOKS LIKE: You clutch your chest, grab your left arm, then fall to the ground. That is, if you're a man. But for a woman, most of us know the symptoms can be strikingly different: In fact, half of women report experiencing no chest pain at all. Instead they may feel pain in their backs, necks, jaws, or stomachs, or become nauseated, fatigued, or light-headed.

This difference wasn't fully documented or publicized until 1990, when the book *The Female Heart: The Truth About Women & Coronary Artery Disease* helped spark a new wave of thinking about not only heart disease but also medicine and the human body. "We [once] assumed all humans were pretty much the same, except for what I call the bikini view of women—their breasts and their pelvises," says Marianne Legato, M.D., the director of the Foundation for Gender-Specific Medicine and the first author of *The Female Heart*. Today the thinking has changed. "Every tissue of the body is literally different in men and women," says Legato. And heart disease, scientists have discovered, is just one of many conditions with a strong male-female divide. Here are six others that affect the sexes in distinctive ways.

Written by Laura Schocker
Illustrations by Jeannie Phan

Alzheimer's disease

The stats: An estimated 5 million people in the United States ages 65 and older have Alzheimer's disease, an aggressive, premature deterioration of the brain that results in dementia. Women make up 64 percent of this population. The disease often progresses more quickly in women—particularly when it comes to memory loss—than in men, says Reisa Sperling, M.D., director of the Center for Alzheimer's Research and Treatment at Brigham and Women's Hospital, in Boston.

The gender gap: The high female prevalence of this illness can partially be attributed to the fact that women live longer than men, and that the disease typically afflicts the elderly. But there's more to the disparity than life span: A 2014 *Annals of Neurology* study showed that healthy women who carry the gene variant ApoE4 have an 80 percent chance of developing cognitive decline or Alzheimer's disease; men with the same gene only have a 27 percent risk.

Good to know: Can't remember where you left your keys or the name of the actor in the movie you saw last night? Relax: These are common signs of perimenopause (which usually occurs between ages 45 and 55). Memory loss in Alzheimer's is more dramatic: You might repeat a conversation twice in an hour or get lost in your own neighborhood. But you should see your doctor if you're concerned, especially if you have a family history of the disease.



Colorectal cancer

The stats: The overall risk of colorectal cancer is about 5 percent for both men and women, but mortality is lower in women.

The gender gap: A 2013 review in *Clinical Chemistry and Laboratory Medicine* showed that women tend to develop colorectal cancer five years later than men, and that their tumors are typically located in the right side of the colon, whereas men's are in the left. The location has serious implications, says Gina Sam, M.D., M.P.H., the director of the Mount Sinai Gastrointestinal Motility Center at the Mount Sinai Hospital, in New York City. Because the right section of the colon (or the proximal colon) is bigger than the left section, it takes longer for tumors that grow there to become large enough to present visible bleeding. That's probably why women receive colorectal cancer diagnoses at more advanced stages than men do. So why do more women than men survive? Research suggests that it may be because women respond better to some chemical treatments.

Good to know: It's not easy to detect early-stage cancer in the right colon, but it is possible. Bloating and severe constipation are two major symptoms. Preventive screening—starting at age 50 for most people, sooner for those with a family history of the disease—also saves lives.

Depression

The stats: At some point in their lifetime, roughly 20 percent of women and 10 percent of men experience depression, a syndrome characterized by persistent feelings

of sadness or loss of interest, plus sometimes feelings of guilt, worthlessness, or hopelessness. Women are more likely than men to attempt suicide, but men more often die from the attempt.

The gender gap: Differences in men's and women's brain structures and hormones may explain the split in prevalence. It could also stem from the disparate upbringings of boys and girls, as well as "rates of abuse, women's tendency to use internalizing coping styles, and their disadvantaged social status," says Susan Kornstein, M.D., the executive director of the Institute for Women's Health at Virginia Commonwealth University, in Richmond. As for symptoms, women usually suffer from increased appetite, weight gain, hypersomnia (sleeping too much), anxiety, and physical pain. Men tend to exhibit insomnia, weight loss, and irritability.

Good to know: Research suggests that women respond better to selective serotonin reuptake inhibitors (such as Prozac) and monoamine oxidase inhibitors (like Nardil) than tricyclic antidepressants (such as Sinequan). Women should also be aware that doctors can mistake depression for premenstrual dysphoric disorder (PMDD) and vice versa. PMDD usually presents as severe irritability that strikes just before your period, then subsides a few days later. To distinguish between the diseases, track how you feel the week after your period. If you have PMDD, you should be symptom-free.

Migraine headaches

The stats: Women outnumber men three to one when it comes to migraine, a severe, pounding



KEEP BEING HER FAVORITE PLAYMATE



Just because your bladder is changing doesn't mean you have to. With TENA's unique super-absorbent micro beads that lock in moisture and odor...
TENA LETS YOU BE YOU.

For a free sample, visit TENA.us or call 800.781.3298



PHOTO: JORDAN S. GORDON/ISTOCKPHOTO.COM; SCENARIOS: JORDAN S. GORDON/ISTOCKPHOTO.COM; STYLING: JORDAN S. GORDON/ISTOCKPHOTO.COM; HAIR: JORDAN S. GORDON/ISTOCKPHOTO.COM; MAKEUP: JORDAN S. GORDON/ISTOCKPHOTO.COM; PROP STYLING: JORDAN S. GORDON/ISTOCKPHOTO.COM; SCENARIOS: JORDAN S. GORDON/ISTOCKPHOTO.COM; STYLING: JORDAN S. GORDON/ISTOCKPHOTO.COM; HAIR: JORDAN S. GORDON/ISTOCKPHOTO.COM; MAKEUP: JORDAN S. GORDON/ISTOCKPHOTO.COM; PROP STYLING: JORDAN S. GORDON/ISTOCKPHOTO.COM

head pain often accompanied by sensitivity to light, sound, and smells; nausea; and blurred vision.

The gender gap: According to Andrew Charles, M.D., the director of the Headache Research and Treatment Program at the David Geffen School of Medicine at UCLA, female hormones play a big role in migraine headaches, which may be why attacks often worsen around your period and improve after menopause and during pregnancy. Male and female contrasting brain structures could also play a part. Charles's experiments on mice showed that female brains experience more activity and excitability than male brains do—and as a result may be more easily triggered to launch a migraine.

Good to know: There's some evidence that migraine associated with menstruation is more difficult to treat. If your headaches coincide with your period, see a specialist.

Sleep apnea

The stats: About 25 percent of men and nearly 10 percent of women suffer from this disorder, in which breathing stops for short periods during sleep.

The gender gap: Female sex hormones seem to protect against apnea, which partially explains why a woman's risk increases after menopause, when hormones dip, says Grace Pien, M.D., an assistant professor of medicine at the Johns Hopkins University School of Medicine, in Baltimore. Another factor: Men's airways are longer and thus more prone to collapse.

Good to know: When men have apnea, they snore loudly and get sleepy during the day. Female symptoms may be subtler: They may not snore at all. Instead, women usually complain of fatigue, mood changes, or the inability



to be efficient. As a result, women—and their doctors—are less likely to suspect apnea as the cause of their symptoms. “Women are more likely to be evaluated for hypothyroidism or depression first,” says Pien.

Stroke

The stats: Men have a higher risk of stroke (when blood stops flowing to the brain) until age 85. That's when the risk for women skyrockets. “Stroke outcomes are also different in women and in men,” says Janine Austin Clayton, M.D., the associate director of research on women's health at the National Institutes of Health. Women's strokes more often are fatal or result in a poor quality of life.

The gender gap: In addition to the universal symptoms (numbness and weakness in the face, arms, or legs; confusion; difficulty speaking or walking), women also experience sudden hiccups; face, limb, or chest pain; nausea; and exhaustion.

Good to know: Taking a low-dose aspirin each day may help. The drug doesn't reduce a woman's risk of having a first heart attack (as it does for men), but research shows it may lessen a woman's likelihood for some strokes. And consider dropping hormonal birth control: It can increase the risk of stroke in women over the age of 35 and those who smoke or have high blood pressure, diabetes, or high cholesterol.



TAKE CARE OF YOUR HEART
You know the symptoms of a female heart attack. Now find out how to prevent them at realsimple.com/hearthealth.

Get the right Rx

Diseases manifest differently in men and women. Shouldn't the treatments vary, too? The next time your doctor writes you a prescription, ask these three questions to make sure it's tailored to your sex.

1. IS THIS THE LOWEST DOSE?

Body size, the amount of water in the body, the amount of time it takes the body to digest food, and how fast the body metabolizes a drug are all factors that can vary across gender lines—and may influence how much medication you should take (and how often), says Janine Austin Clayton, M.D.

2. WHAT ARE THE SIDE EFFECTS?

Women tend to experience medication side effects more acutely and more frequently than men do. In fact, according to one report issued by the U.S. General Accounting Office, eight of the 10 drugs withdrawn from the U.S. market between 1997 and 2001 had greater adverse effects on women than on men.

3. DOES THIS DRUG AFFECT WOMEN AND MEN DIFFERENTLY?

Since scientists are still learning about the sex differences for individual medications, your doctor may not have an immediate answer to this question. If she responds, “I don't know,” don't be afraid to ask her to do more digging and get back to you, says Clayton.

PROMOTION

REAL SIMPLE



CREATE YOUR MASTERPIECE

Designing a photo gallery is easy (and fast) with the helpful templates and how-tos included with each of our picture frames. New from Real Simple and only at Bed Bath and Beyond.

BEDBATHANDBEYOND.COM/REALSIMPLE



AVAILABLE AT SELECT STORES

**BED BATH &
BEYOND**

SEE THE WHOLE LINE AT
BEDBATHANDBEYOND.COM/REALSIMPLE

glade®

SPRING COLLECTION

SET YOUR
SPIRIT FREE™



HONEYBEE RHYTHM™

EXCLUSIVELY AT  **TARGET.**

Among the wildflowers I'm carried by the soft buzz
of honeybees as they chant their eternal beat.

check out our other spring scents!

hello
spring™

poppy
groove™



GLADE.COM

©2014 S.C. Johnson & Son, Inc. All rights reserved.

Save on all of your favorite spring scents at Cartwheel.Target.com

S.C. Johnson
A Family Company

Leatherman Surge multitool

"Twenty-one tools in a neat little package. Just pop out a screwdriver to remove faceplates when painting walls or pliers to tighten bolts on furniture. It's so convenient having wire cutters, scissors, and more in the palm of your hand, too." —Kelly Carrell

TO BUY: \$110, leatherman.com.



THE GUIDE
home

BUILD A BETTER TOOL KIT

Home-improvement pros share the nuts and bolts (and the levels and screwdrivers) of a super-handy set.

Written by Stephanie Sisco

Photograph by Victor Prado



Stanley InstantChange Knife

"A utility knife makes it so much easier to cut rigid plastic packaging, cardboard boxes, and even carpet. Most have blades that are difficult to change, but not this one—just push the button to release the blade and insert a new one."

—Marie Leonard

TO BUY: \$15, amazon.com.



Skil Cross-line laser level

"About \$30 less than long-distance levels (primarily used by contractors), this one is just right for basic household projects, like hanging pictures or shelves. It produces a stable line within five seconds. You can even mount it on a camera tripod instead of holding it." —J.K.

TO BUY: \$69, lowes.com.



Hyde 5-in-1 painter's tool

"Invest in this one item and you don't need a small putty knife, a paint can opener, or paint scrapers, all of which take up precious tool-bag space. Not only does this angular tool cover those functions but it can also scrape away old caulk, loosen trim, and remove putty." —M.L.

TO BUY: \$9, acehardware.com.



Bostich 16-ounce smooth straight-handle hammer

"Pick a hammer that feels good in your hand and is easy to swing. For many people, a 16-ounce head is way more manageable than a 20-ounce one. This hammer has an oversize striking face for improved accuracy, plus a slip-resistant handle for a secure grip." —Jason Kyser

TO BUY: \$16, lowes.com.



Husky magnetic extendable pickup tool

"I'm always dropping nuts and bolts in hard-to-reach areas when repairing appliances or installing fixtures. With this tool, I can retrieve them by dangling the magnet over the spots where they fell. It doubles as a stud finder by magnetizing to the nailheads connecting the drywall to studs."

—Chris Zeisler

TO BUY: \$10, homedepot.com.



Klein Tools heavy-duty multitbit screwdriver

"Instead of storing multiple screwdrivers, choose this one with six screw heads. Along with Klein's high-leverage side-cutting pliers, this tool can handle every kind of household task, from assembling furniture to hanging window treatments." —Lou Manfredini

TO BUY: \$16, kleintools.com for info.



Bosch PS21 drill with 12-year lithium-ion battery

"This cordless drill has a trigger that makes it easy to switch speeds, depending on what you're drilling into—faster for wood shelves, slower for tougher pieces, like a metal storm door. The best part: Its battery stays charged for up to 18 months." —M.L.

TO BUY: \$99, boschtools.com.



Stanley Powerlock measuring tape

"This is a basic one-inch-wide, 25-foot-long measuring tape, but I love its sturdy design. It extends to about six feet without bending, so you don't need a helper holding the other end." —L.M.

TO BUY: \$13, amazon.com.



ERGONOMIC TOOL BAG

In a typical tool box, the contents lie jumbled in a big pile. This easy-to-transport knapsack has 23 pockets to store handled tools upright and neatly. **TO BUY:** AWP HP ballistic-nylon zippered closed tool bag, \$40, lowes.com.

OUR EXPERTS

KELLY CARRELL, SuperHandyman newspaper columnist.
JASON KYSER, resident pro at Pro.com.

MARIE LEONARD, author of *Marie's Home Improvement Guide*.

LOU MANFREDINI, host of *HouseSmarts* and Ace Hardware's home expert.

CHRIS ZEISLER, appliance specialist at RepairClinic.com.

oddball extras

These three everyday items are surprisingly helpful for home-improvement tasks, too.

1

PAPER CLIPS

Their fine, pointy ends are perfect for cleaning out super-small spots, like dried paint caught in the crevices of a screw head.

2

PETROLEUM JELLY

This greasy lubricant works as a barrier to paint. Use it to coat the inside rim of a paint can, and the top will open easily for the next job. When spray-painting, rub some on your hands to keep them unstained.

3

RED LIPSTICK

A bright idea for hanging a mirror or a piece of art: Mark the hardware with lipstick, then press it against the wall to show where to nail. (To remove the lipstick marks later, wipe with a Magic Eraser.)



FIX-IT FAVORITES

Find more clever home-improvement helpers at realsimple.com/tools.

Valid on purchase of any Fresh Step Scoopable Litter between 7/1/2014 and 6/30/2015. Refund for purchase price up to \$17.99. For complete terms and conditions, see freshstep.com/guarantee

**ELIMINATES
ODORS FOR
10 DAYS**

Guaranteed



That's something even cats find amazing.

Ask the Organizer

THE GUIDE
home

getting wires crossed

What's the best way to neaten up multiple cords from the TV, DVR, and computer?

D. D. K., VIA FACEBOOK

The plastic zip ties that professional cable installers use are my go-to because they're not only incredibly cheap (about \$10 for 500, at hardware stores) but also super-effective. Zip-tie the cables together, then use sharp scissors to cut off the tie's slack down to the nub. Next step: ID each cord by giving it a tag. (Kableflags KFA001 cable identification tags, \$9 for 10, amazon.com.) Cords can become a tangled mess when you unplug the devices on your desk or nightstand and the wires slip behind the furniture, so I also use adhesive cable clips to hold each in place. (Bluelounge CableDrop clips, \$10 for six, bluelounge.com.)

baggage check

My purse is the most disorganized spot in my life. What's your best decluttering advice?

M. B., VIA FACEBOOK

I tell my clients to treat their purse like a lunch box. At the end of the day, you would never leave a lunch box with leftover food inside. Similarly, when you get home or before

bed, take a minute to go through your purse. Toss any trash and relocate items that you don't need to carry around (extra pens and ponytail holders, receipts to save). Things pile up in purses because they're big, open containers, so the best way to curb that habit is to compartmentalize. Insert organizers give each item its own designated spot. I use two kinds—one to hold my phone, charger, and earphones (Grid-It small accessory organizer, \$20, cocoon innovations.com) and another for the rest: wallet, keys, note pad, lipstick (Tapp C. nylon purse organizer, \$11, amazon.com). If you're a hopeless handbag-stuffer who won't maintain an insert system, set yourself up to declutter on the go: Tuck an empty gallon-size plastic bag into your purse so that during downtime (on line at the supermarket checkout, waiting in a doctor's office), you can fill it with trash to toss or nonessentials to store somewhere else later.



GOT A QUESTION?
Submit it at
realsimple.com/organizing.



DECLUTTERING PRO **ERIN ROONEY DOLAND**, FROM THE WASHINGTON, D.C., AREA, TACKLES YOUR TOUGHEST ORGANIZING ISSUES.

desk disorder

Our home office is out of control. We don't have enough files for my husband's stacks of stock reports and newspaper clippings, so papers are everywhere. What's the fix?

N. S. C., VIA FACEBOOK

Talk to your husband about your goal for a neat, organized work area—a benefit to both of you—and ask what steps you can take together to make it happen. (Asking is more likely to get results than dictating.) If he's willing to scan the articles and reports and save them digitally, that will cut out the paper clutter. I also recommend an Evernote Premium account (\$5 a month, evernote.com). It's like a mobile filing system, making documents accessible from any device once they're scanned. If he's not ready to switch, get him to set a time to toss outdated documents—and to commit to purging periodically. (When the filing cabinet becomes full, some of his stash has to go.) Still tight on space? Max out your wall area by adding a row of nails to hang clipboards, where current papers can stay out in the open in an orderly way.

PROMOTION

15% OFF
WITH CODE
WEDDINGS
ENDS 5/31/15

REAL SIMPLE

EXCLUSIVELY AT
FINESTATIONERY.COM

Introducing Real Simple wedding invitations,
save the dates, and more—to help
put a beautiful stamp on your big day.



WEDDING INVITATIONS, SAVE THE DATES, AND MORE

NORDSTROM NYDJ.COM

introducing slimming tops

LOOK A SIZE SMALLER.
FEEL AMAZING. LIVE IN SLIM.

NYDJ
LOS ANGELES

5 KEY PIECES

SPRING MVPS

A new season doesn't have to mean a whole new closet—just focus on these five smartest trends.

Written by Rebecca Daly

Photographs by Jens Mortensen

A PASTEL MOTO JACKET

Soft shades help take the edge off.

1

LULU'S
The realistic texture and quilt stitching make this faux-leather option look like a pricey score.
TO BUY: \$99, lulus.com.

2

LAMARQUE
Fashion-forward details, like woven leather, add even more visual appeal.
TO BUY: \$545, Coco Pari, 732-517-1227.

3

BANANA REPUBLIC
This pale peach shade is a true neutral; it works with everything.
TO BUY: \$425, bananarepublic.com.



THE GUIDE
fashion

5 KEY PIECES



1
424 FIFTH
Proof that you can work the “athleisure” trend without looking sloppy.
TO BUY: \$99, lordandtaylor.com.

2
LOEFFLER RANDALL
Gold leather and pony hair give this contoured-footbed sandal a major upgrade.
TO BUY: \$175, loefflerrandall.com.

3
SOL SANA
Make these your go-to casual-summer-wedding shoes and you won’t need to stash a pair of flats for the dance floor.
TO BUY: \$110, piperlime.com.

4
NAYA
This pair is made from sustainable materials. (Talk about a feel-good trend.)
TO BUY: \$99, bloomingdales.com.

5
JACK ROGERS
Nothing says “classic style” quite like an actual Jackie O.-approved brand.
TO BUY: \$128, piperlime.com.

6
BC FOOTWEAR
Silver slides look more polished at the pool than rubber flip-flops.
TO BUY: \$60, zappos.com.

FLAT, FANCY-ISH SLIDES

Slip into something more comfortable (but still chic).



PAULA'S CHOICE[®]
SKINCARE

est. 1995

CAN'T LIVE

PORE SHRINKING
SKIN SMOOTHING
CAN'T LIVE WITHOUT EVEN FOR ONE DAY
LEAVE ON EXFOLIANT

Get your 2-week \$9 trial size today

800.831.4088 | PaulasChoice.com/trial

WITHOUT



Also at Beauty.com & Pharmaca Stores

5 KEY PIECES

THIS CHAIN
CONVERTS
TO A
SHORTER
STRAP.

A MINI CROSS-BODY

Small but mighty.

1

**ELIZABETH
AND JAMES**

Style is in the details—buttery pebbled leather and a clasp as pretty as jewelry.
TO BUY: \$345, saks.com.

2

COLE HAAN

This retro-cool shape feels modern with smooth blush leather and sleek hardware.
TO BUY: \$138, colehaan.com.

3

MAX MARA

A timeless structured satchel shape in diminutive form.
TO BUY: \$695, 212-879-6100.

4

DVF

This quilted mauve version packs a sartorial punch—plus all of your daily essentials.
TO BUY: \$348, piperlime.com.

5

LULU'S

It's a shoulder bag by day—then tuck the strap away to create a clutch for evening.
TO BUY: \$33, lulus.com.

WHAT
THE
BEST
MORNINGS
ARE
MADE OF.



Start your day on the plus side of delicious with Quaker® Real Medleys®. Try new Summer Berry Granola as a delicious snack or topping that's loaded with crunchy clusters plus real fruit. And there's new Banana Walnut Oatmeal+, complete with super grains and packed with bananas and crunchy nuts. **#QuakerUp**

5 KEY PIECES

A MIDI SKIRT

Go long!

1
TIBI
Embrace the trend (fully) in this pretty palm-print option.
TO BUY: \$194, theoutnet.com.

2
A PENCIL SILHOUETTE IS EASILY HEMMABLE FOR JUST THE RIGHT LENGTH (A FEW INCHES BELOW THE KNEE).

2
EVA MENDES COLLECTION FOR NEW YORK & COMPANY
A slim cut and a prim hem length give it office-worthy poise.
TO BUY: \$60, nyandcompany.com.

3
PORCELAIN
Dress this speckled silk version up with a pair of pumps or down with flat slide sandals (see page 96).
TO BUY: \$235, porcelainnyc.com.

4
MINTY MEETS MUNT
A flattering A-line in soft ivory makes this breezy, feminine skirt a standout.
TO BUY: \$189, mintymeetsmunt.com.

comfort &
style,
redefined.



SAS

San Antonio Shoemakers™

SASshoes.com



Jewel Tone Your Home

Shop top picks from the editors of **Real Simple**.
Wayfair.com/shoprealsimple



A.



B.



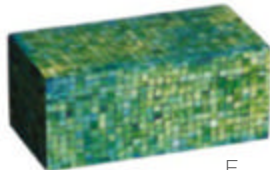
C.



D.



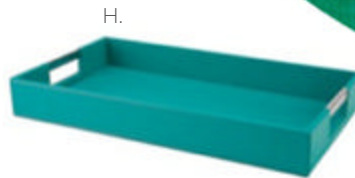
E.



F.



G.



H.



I.

A. Linen/Cotton Decorative Pillow (Set of 2) by Safavieh **B. Soft Modern Tray Table** by Sauder **C. Zoe Hospitality Cabinet** by Bassett **D. Vitriini 2.3" Lemon Box** by iittala **E. Chatham Purple / Ivory Rug** by Safavieh **F. Decorative Box** by Mela Artisans **G. Table Lamp with Drum Shade** by Dimond Lighting **H. Granada Tray** by IMPULSE! **I. Huggy Mid Century Chair & Ottoman Set** by International Design



5 KEY PIECES

A NEW STUD

Very post-modern.

1
HORTENSE
Not your grand-ma's pearls—this bicolored pair is twice as nice.
TO BUY: \$184, catbirdnyc.com.

2
SHASHI JEWELRY
Delicate rose-gold earrings (with style that's off the chain).
TO BUY: \$60, shopshashi.com.

3
REBECCA MINKOFF
A removable pearl means there are three ways to wear these earrings.
TO BUY: \$38, 866-838-6991.

WEAR THIS PAIR WITH EITHER SIDE IN FRONT.

4
STELLA & DOT
For the quickest desk-to-dinner wardrobe change, just flip these earrings from sleek metal to shimmering sparkle.
TO BUY: \$39, stelladot.com.

5
FLACA JEWELRY
Simple studs in the front, edgy starburst in the back.
TO BUY: \$125, flacajewelry.com.



WANT EVEN MORE WARDROBE HEAVY HITTERS?
Go to realsimple.com/wardrobestaples.

Lee®
----- Est. 1889 -----

INTRODUCING LEE *Easy Fit*
COMFORT NEVER LOOKED SO GOOD

ALL-DAY COMFORT • SLIMMING STRETCH • NEVER LOSES SHAPE

f /leejeans @leejeans

AVAILABLE AT KOHL'S® AND KOHLS.COM/LEE

©2014 VF Jeanswear Inc.



THERE'S A LOT TO LUV!

They'll LUV it because it's delicious. You'll LUV it because it provides 100% complete and balanced nutrition that's tail-wagging and purr-inducing good.

Find out more at www.luvsomepet.com

LUVSOME™
PERFECTLY BALANCED
NUTRITION FOR YOUR PET



Exclusively available at:



Fred Meyer

Fry's

Ralphs

JayC

CVS

Baker's

Smith's

QFC

Goebel's

DeBor's

KING

Super

Wal-Mart

Clique-bait
 “Make new friends
 but keep the old”
 is easier sung than
 done, especially
 for kids. Here’s
 how to help your
 child survive the
 ins and outs of her
 social scene.

Written by Lisa Freedman
 Illustrations by Keith Negley



IT SEEMS AS IF IT HAPPENS OVERNIGHT—and sometimes it does. One day your child feels like part of the gang; the next she’s been elbowed out of the lunch table, excluded from a conversation at recess, or left off the invitation list for a birthday party. When children are young, their friend groups usually consist of whomever their parents invite over for playdates, says Robert Faris, an associate professor of sociology at the University of California, Davis. As a result, these groups are often open and fluid. “Cliques, by contrast, are not orchestrated by parents,” says Faris. “They are tightly knit—or seem so from the outside—and have strong boundaries.” For one kid to be in a clique, another might get rejected from it.

Fortunately, amidst all the whispering and ostracizing, seat saving and photo tagging, there is hope. With some understanding and smart strategies, you can help your kids get through the temptation to exclude, the pain of being left out, and the many subtleties of intraclique relations, so they can come out happy(ish) on the other side.

The origin of groupings

Cliques, in less catty forms, go back as far as humankind. “We come from a hunter-gatherer society,” says Julie Paquette MacEvoy, an assistant professor of psychology at Boston College who studies children’s social and emotional development. “There was a greater chance of survival if you were part of a group. The urge to form cliques is evolutionarily ingrained.”

By toddlerhood, this behavior starts to show up. A 2014 study published in *Psychological Science* showed that children as young as two will mimic their behavior to match that of their peers so they don’t stand out from the crowd. And not long after toddlerhood, we’re able to pinpoint the person in our group with whom we’re closest. “I don’t think we ever stop using that label [best friend],” says Rosalind Wiseman, a parenting educator and the author of *Queen Bees and Wannabes*. Why are we so attached to it? “We need to have the sense that we matter. If we have a best friend, that means we count to someone.”

And though children today certainly won’t perish if they don’t have a core group of buddies, there are benefits, like a boost to self-esteem and a sense of belonging, says Wiseman. Also, it just feels good to be included. That’s why it’s so painful to be left out.



Getting bumped

Your child may see ejection from a friend group as the worst thing that’s ever happened to her—and she might be right. For some kids, it can be more painful than being rejected by a crush because that pain involves only one person. “When you’re pushed out of a clique, that’s an entire group of people who don’t value you, care about you, or want to hang out with you,” says MacEvoy. Research shows that exclusion triggers activity in the same part of the brain that controls physical pain, says Judith V. Jordan, Ph.D., an assistant professor of psychiatry at Harvard Medical School.

What can you do? Take your child’s grief seriously. Resist the urge to downplay it, even though you know clique trouble is a universal experience and we pretty much all survive. If the situation seems to demand it, ask teachers for help in making sure the exclusion isn’t overt or cruel. (Have

them keep an eye out for bullying and name calling.) At home, listen to your child’s daily recaps (if she’s willing to share) and empathize, says MacEvoy. Tell her you understand why she’s so upset and that you would be, too. But don’t go that extra step of disparaging or belittling other kids. As much as it may feel good to both of you in the moment, it sets the wrong example and could make reconciliation difficult for your child later.

To help make the next day at school—and the day after that, and so on—feel surmountable, ask your

Is it a girl thing?

Yes and no. Boys and girls both seethe and gossip and experience betrayal and rejection. “But boys don’t challenge the social hierarchy the way girls do,” says parenting educator Rosalind Wiseman. When boys feud, their social rankings usually get reinforced in the end. After the fight, “the boys go back to what was before,” she says. Girls, on the other hand, take out their anger (or insecurity) by morphing the makeup of their friend groups. This form of fighting—in which the goal is to harm the other person’s social status and relationships—is called relational aggression. The process can last for weeks or months and almost always involves manipulation and exclusion. Ouch.



Buy the magazine
that helps you
save hundreds
each year!

See why women love All You and save \$1.00.
Visit allyou.com/value

Now Available Wherever Magazines Are Sold



child if she would like to talk through hypothetical social scenarios. What should your child do if she has to eat lunch by herself? (Maybe she can read a book while she eats, or you two can talk about who else she could approach.) What should she do if one of the girls says something mean to her? (Walk away.) For younger kids (up to around age 11 or 12), this exercise tends to feel empowering, says MacEvoy. Teenagers may find it cheesy; offer them an ear instead.

If there's potential for your child to patch things up or make amends, discuss the reasons for the exclusion in the first place. "Often it involves a member of the opposite sex—especially in adolescence—or just sheer jealousy," says MacEvoy. If your child offended just one member of her clique (and the rest of the girls are excluding her as an act of solidarity), encourage your kid to talk to the person with whom there's a real problem. If

they can make up, it may be possible for the whole group to get back together, albeit with a bit of tension in the ranks.

Coping within a clique

Two types of dominant kids typically emerge during middle school: one who is positive and fun to be around, and another who is influential but also manipulative, says Brett Laursen, a professor of psychology at Florida Atlantic University. If your child hangs out with a manipulative leader, she may feel demeaned fairly frequently. What helps: emphasizing the importance of thinking for herself and being her own person, not merely the sidekick of a bossy pal. "Have conversations about when it's OK to give in and when it's not," says MacEvoy. For example, it's fine to let the group's leader decide which

Still cliquy after all these years

The PTA. Yoga class. The office lunchroom. Adult cliques are everywhere, and while these grown-up groupings usually aren't as cruel as younger iterations, they can still leave people feeling hurt. Here are three ways to fight the tendency.

MAKE SMALL TALK

If you sit with the same moms at every soccer game, you may send the message that you're not interested in getting to know other parents, whether or not that's true. So why not invite someone on the bleacher below into a conversation? Offer a casual opening, like "I don't know. What do you think, Wendy?" Amanda says that the hurricane forecast is just hype." Or strike up a conversation after the game in the parking lot. It will be quick and painless.

BE THOUGHTFUL

You don't have to be best buds with every woman in the office, but you do have to be nice. If you go on a latte run, consider bringing back a drink for a coworker who's out of your circle, suggests Tasha R. Howe, a professor of psychology at Humboldt State University, in Arcata, California. Little gestures of kindness go far.

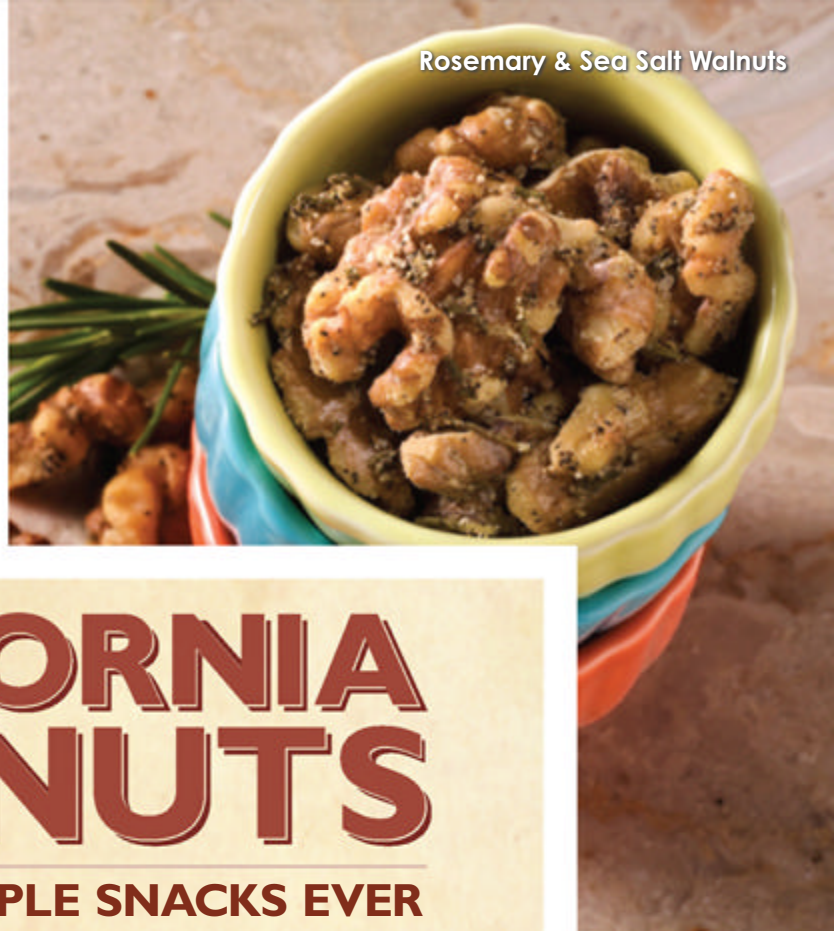
RESIST GOSSIP

It's hurtful to the targeted party, and it also reflects negatively on you. "Gossip often leaves a residue of doubt, uncertainty, and insecurity," says professor of psychiatry Judith V. Jordan. The next time you're tempted to gossip, imagine your child sitting next to you and think of the example you would like to set.

Greek Yogurt with Walnuts & Honey



Rosemary & Sea Salt Walnuts



CALIFORNIA WALNUTS

FOR THE BEST SIMPLE SNACKS EVER

A SPRINKLE OF CRUNCHY CALIFORNIA WALNUTS ADDS FLAVOR,
TEXTURE AND HEART HEALTHY* GOODNESS TO ALL YOUR FAVORITE RECIPES.
FOR THESE RECIPES AND MORE GO TO WALNUTS.ORG.



Per one ounce serving.



So Simple. So Good.™

Heart-Check food certification does not apply to recipes unless expressly stated. See heartcheckmark.org/guidelines.

walnuts.org   

Toasted Walnut Hummus



Banana Split Trail Mix



*Supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day as part of a low saturated fat and low cholesterol diet and not resulting in increased caloric intake may reduce the risk of coronary heart disease. (FDA) One ounce of walnuts provides 18g of total fat, 2.5g of monounsaturated fat, 13g of polyunsaturated fat including 2.5g of alpha-linolenic acid - the plant based omega-3.



TOAST TO A BETTER MORNING

Nothing gets the AM off to a happy start like breakfast time with the family. Try these ideas for an anything-but-boring “toast bar” where everyone can customize a slice that’s good to go!

- ▶ Pop a few slices of **Pepperidge Farm®** Cinnamon Swirl or Chocolatey Chip Swirl bread into the toaster. The delicious aroma will have them running to the kitchen!
- ▶ Choose toppings that add fun and fuel, like peanut butter or ricotta cheese, banana slices, and fresh berry compote. Be playful—make smiley faces out of fruit slices or write a message in raisins.



YOU COULD WIN

A YEARLONG SUBSCRIPTION TO COZI GOLD!

If you love Cozi—the free, must-have organizing app for every member of the family—you won’t want to miss the chance to win one of 150 upgrades to Cozi Gold. A \$29.99 value, this ad-free version of Cozi includes premium features and VIP customer support.

NO PURCHASE NECESSARY. Purchasing does not improve your chances of winning. The Real Simple Toast to a Better Morning Sweepstakes is open to legal residents of the 50 United States and D.C. age 18 or older at time of entry. Void outside the U.S., in Puerto Rico, and wherever else prohibited by law. Sweepstakes begins at 12:01 AM ET on 2/1/15 and ends at 11:59 PM ET on 3/12/15. For entry details and Official Rules, see realsimple.com/cozisweeps. Sponsor: TI Media Solutions Inc., 1271 Avenue of the Americas, New York, NY 10020.

Enter today at **REALSIMPLE.COM/COZISWEEPS**.

movie to watch if you don’t care, but it’s not OK for the queen bee to determine on her own who’s invited to go to the movie. If you happen to have a child who’s the *leader* of her clique, you can help her cultivate empathy by regularly asking her how her friends are feeling and doing.

Finding new friends

When a group has truly caused pain—or formally ousted your child—she may have no choice but to leave it behind and seek out new friends. If she’s feeling intimidated (and who wouldn’t be?), talk about trying to make just one new friend rather than entering a whole new clique. Think about it: There’s a world of difference between eating lunch alone and eating lunch across from someone else. Having additional friends is great, too, but children are much less lonely when they have even one supportive friend, says Steven R. Asher, a professor of psychology and neuroscience at Duke University, in Durham, North Carolina. It’s ultimately up to your child to find this new buddy (or buddies), but you can lay the groundwork. Nudge her toward a club, a sport, a volunteer activity, or even an after-school job where she can meet peers with similar interests. And take heart in the knowledge that this lonely state isn’t forever. Faris and his colleagues conducted an eight-week study in which they asked kids in the 8th through 12th grades to name their best friends every few weeks. “We found a shocking amount of turnover,” he says. In other words: Your child may feel excluded on Friday, but that doesn’t mean she’ll still be on the outs come Monday morning.





Let the
Swirl Effect
begin!



Wholesome
Yummy
Morning Magic



A HYDRANGEA THAT BLOOMS
ALL SUMMER LONG.

YOU HAVE TWO WISHES LEFT.



©2015 Endless Summer/Bailey Nurseries, Inc.

ENDLESS



SUMMER®

Four stunning varieties for summer-long color and enjoyment. endlesssummerblooms.com

Work & Money

THE VIEW FROM HERE

When *Kat Cole* was 17, she planned to become a lawyer. But her part-time job at Hooters led to unexpected success in business, and she rapidly climbed the company ranks to vice president. Today, at 36, she's president of Cinnabon, the billion-dollar bakery brand. *Real Simple* sat down with Cole to hear her corporate fairy tale, ask about her good works, and learn how to be a “chronic learner.”

KAT COLE

▪ President of Cinnabon
▪ Atlanta



PHOTOGRAPH BY MELLY LEE

What was your childhood like?

I'm the oldest of three girls. When I was nine and we lived in Jacksonville, Florida, my mother came to me and said we were leaving our father. At the time, he was an alcoholic (he's doing great now, though), and my mom was essentially raising us on her own. She worked several jobs. For three years, she fed us on a food budget of \$10 a week.

Tell us about that.

It never seemed bad, maybe because my mom was so positive all the time. She was always helping neighbors or friends, and as a result I had this example of what a leader really does—figures things out and makes them happen, makes tough decisions, and puts the people she's in charge of before herself.

What was your first job?

I started working in malls when I was 15. I had a job in a clothing store when recruiters from Hooters came to the mall and suggested I apply.

Did you hesitate?

Hooters was not as controversial in Florida as it was in markets outside the state. I had gone there on weekends after football games and with my family. It wasn't a big deal. I started as a hostess, at 17, and when I turned 18, I became a waitress, a Hooters Girl.

What sort of employee were you?

I was good at my job and willing to be helpful. When the cooks quit, I went in the kitchen and learned that job. I helped the bartender, so I learned that job, too. I was hungry for new opportunities and curious to see

Written by Jane Porter

if I could figure them out. Without knowing it, I became able to train almost every job.

So when it came time to open more locations, you were tapped?

Yes. They canvassed the company for the most well-rounded employees. I went to Australia—that's the second time I was ever on a plane—then Mexico City. When I was 20, they wanted me to open the first Hooters in Buenos Aires, but this time I was asked to lead the entire team. I was still in college, but I was failing because I was never there. That's when I had to make the choice to drop out.

Was that a hard decision for you?

It wasn't. The only reason I even paused was because I was the first person on either side in my family to go to college, and I thought my mom was going to be disappointed. I never want to let her down.

How was working on the corporate side?

I took the same approach I had working in the restaurant. I did jobs other people didn't want to do. When I was 26, I became a vice president of global training and development.

“When you fail, the lessons smack you in the face. But you might misdiagnose the things that drive success.”

How did you end up at Cinnabon?

I always had a bit of insecurity because I had dropped out of college. So as I moved up, I would get every certification I could and volunteer in industry groups. I ended up getting on boards of directors of nonprofits at a very young age. That gave me leadership experience and helped me build relationships. I started getting recruited for jobs. At Cinnabon, I was hired as chief operating officer in late 2010, then became president in early 2011.

What's something surprising you've learned?

Rarely do people question success in the same way they do failure. That's a mistake. When you fail, the lessons smack you in the face. But you might misdiagnose the things that drive success. I learned that from running restaurants. People would say, “That manager is so great. His restaurant's up in sales 50 percent,” when really he's a bad

manager and they're just located on a street with a new strip mall. You can reward the wrong behaviors and duplicate the wrong things if you don't dig deep behind success.

What's your home life like?

I've been with the same guy for 10 years. I don't have kids yet but would love to one day. And I'm a doting aunt.

You've been doing work in East Africa.

Yes, for about seven years. I started in Rwanda. I'm now mentoring tech startups there and working with villages on the Somali border of Ethiopia. I recently started my own foundation, which will focus on helping women, minorities, and single parents become self-sufficient.

How do you manage all that and your job?

For me it's not about time management; it's about energy management. I have to be doing things with people who energize me.

Do you have a personal motto?

Every year my mom writes on my birthday card: “Don't forget where you came from, but don't you dare let it solely define you.” I live by that.



EPIC (WORK) FAIL

In which one *Real Simple* reader reveals a hilariously humiliating workplace experience. This month's story comes from Janet R., via Facebook.

“Years ago, I was escorting a group of doctors and their spouses to Bermuda as their travel agent. I arrived at the Atlanta airport for my flight the day before the group. I stopped at the curb and got a skycap to help with my luggage, boxes of materials, and the manifest. I followed him inside and checked everything in for the flight to Bermuda. I was so proud of myself. I had lists for lists to make everything perfect. I boarded the flight, and as we prepared for landing, I reviewed my morning. That's when I realized I had left my car at the curb with the engine running! When I got to Bermuda, I found a Delta rep for help. After much laughing by the employees, we located my car. It had been left running for two hours and finally towed to an impound lot in Atlanta. I will never ever again make fun of anyone who forgets something. Ever!”

We're all about comfort

The Company Store

thecompanystore.com

15% Off your order
+ Free Shipping

Enter code **RSMAR15** in your shopping cart.
Shop with us online at thecompanystore.com/RSMAR15
or call 1-800-799-1399. Expires 4/6/15

Shown: LoftHome by The Company Store® Shelby Bedding, Pebble Quilt,
Deco Pendant Lamp, Mirage Ripple Rug, and Wright Table.

Exclusively at thecompanystore.com.

THE ROAD AHEAD

How to think like a financial adviser

NAME (AND DATE) YOUR GOALS

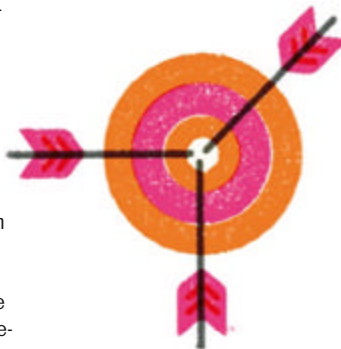
Says Feinstein: “Many people don’t know how much it would take to reach their goals. So start by making each one specific and measurable—and attach a deadline. For example, ‘I want to buy a house within five years.’ Then fill in the blanks. Look at housing prices in your ideal area and work backward from the down payment. This gives you a number—an amount you need to save monthly to fulfill your five-year plan. If the monthly savings goal doesn’t seem doable, you need to look at the variables. Do you really need a house that size? Is the neighborhood critical? And adjust for reality. You may need to add a year and subtract a bedroom.”



EXAMINE SPENDING

“I have clients track their expenses for at least a week prior to our first meeting and then for three weeks after. People hate this. But ultimately they say that learning where their money goes is a huge relief. You have to really look at your behavior to change it. To make your tracking easier, use a tool like Mint or MoneyWiz.”

Overwhelmed by amorphous long-term money goals? Personal-finance consultant Ashley Feinstein leads a crash course to help you get a handle on your dreams.



TAILOR AND TARGET SAVINGS

“Most of us are saving for a few things at once—retirement, college, emergencies. Some savings accounts allow you to create ‘goal buckets,’ which make it easier to automatically put money toward each priority. Saving for emergencies is tricky because it’s so vague. I have clients think through emergency situations to make it more concrete. The obvious one is loss of a job. How much money would you need per month to feel comfortable, keeping in mind that emergency spending is not the same as regular spending? (You’ll eliminate frills like dining out, for example.) The rule you may have heard to set aside three month’s salary is not necessarily right for everyone.”

DO A “VALUES” EXERCISE.

“Ask yourself what really matters to you. Understanding what you most want out of life helps you create financial goals you’re motivated to stick with—and follow through on what it takes to reach them. Typically people find that they’re overspending in areas that aren’t even important to them. Let’s say you discover that you value traveling and time with friends most highly. That’s where your money should go. Maybe you’re paying for convenience (ordering lunch at work and eating alone at your desk) when you would be happier long-term if you brought a bag lunch and put the money you saved toward a trip with pals.”



ASSERT YOURSELF

“Get in the habit of asking for what you want. Instead of telling friends, ‘I don’t care where we go for dinner,’ offer an idea that makes financial sense for you. People often worry, needlessly, that they’ll be seen as lame for making smart choices. Get over that! You can practice assertiveness in other arenas—at work and when dealing with merchants. I was shocked by a price my dry cleaner gave me and told him so. He wound up giving me a deal. It’s good practice!”



PERSONALIZE YOUR APPROACH TO DEBT

“The issue of whether to prioritize saving or paying down debt is an individual one. Killing high-interest debt as soon as possible of course makes sense. But for some people, erasing the smallest debts first helps build momentum. And there’s an emotional component to certain debt. I had a client who was determined to pay off her parents before dealing with any other debt. In any case, reward your successes. Some of my clients throw ‘debt-free’ parties. Some keep charts and cross off debts as they pay them.

“You might find it easier to reach goals when you get the people close to you involved. If you and a friend tackle debts and share goals and accomplishments, it can be like having a workout partner to keep you motivated and accountable.”

For more from Ashley Feinstein, visit knowingyourworth.com.

Written by
Adriana Gardella
Illustrations by
Mikey Burton

With Merrill Edge® you can make
real-time transfers between
investing and banking accounts.

Investing for tomorrow is simpler with Merrill Edge. Log in
once to see your investment and bank accounts in one place
and to instantly transfer funds.*

Merrill Edge. It's investing, streamlined.

merrilledge.com/streamlined



Bank with Bank of America.
Invest with Merrill Edge.

*Certain banking and brokerage accounts may be ineligible for real-time money movement, including but not limited to transfers to/from bank IRAs (CD, Money Market), 529s and Credit Cards and transfers from IRAs, Loans (HELOC, LOC, Mortgage) and accounts held in the military bank. Accounts eligible for real-time transfers will be displayed online in the to/from drop down menu on the transfer screen. Merrill Edge is available through Merrill Lynch, Pierce, Fenner & Smith Incorporated (MLPF&S), and consists of the Merrill Edge Advisory Center (investment guidance) and self-directed online investing.

Investment products: **Are Not FDIC Insured** **Are Not Bank Guaranteed** **May Lose Value**

MLPF&S is a registered broker-dealer, member SIPC and a wholly owned subsidiary of BofA. Banking products are provided by Bank of America, N.A., member FDIC and a wholly owned subsidiary of BofA.
© 2014 Bank of America Corporation. All rights reserved.

ARX6HT7J



THINK OF IT AS MOM'S SECRET WEAPON.

Life moving too fast? From schedules to shopping lists, let **Cozi** manage the little things so you can relax and enjoy the ride.

COZI FAMILY ORGANIZER IS AVAILABLE IN **ITUNES**, **GOOGLE PLAY**, **WINDOWS**, AND **AMAZON APP STORES**



in iTunes® and Google Play™

GET IT FOR **FREE** AT [REALSIMPLE.COZI.COM/OFFER](https://realsimple.cozi.com/offer)

PRODUCTIVITY PRIMER



ASK BUCKY

TIME INC.'S* ALL-KNOWING, STRAIGHT-SHOOTING VICE PRESIDENT OF STAFFING, BUCKY KEADY, TACKLES YOUR WORKPLACE CONUNDRUMS.

"What's the best way to get out of a conversation with a colleague who repeatedly comes to you complaining about other people?"

I've always felt that a coworker should be able to go to another colleague once to share feelings. But if it becomes a habit, be straight: "I'd rather we didn't

have these kinds of conversations. It's putting me in a weird position, and I often don't agree with you." You can end on a nice note, as long as you're clear: "I'm always

here to strategize and talk about issues, but not talk about other people."

GOT A QUESTION FOR BUCKY? SEND IT TO ASKBUCKY@REALSIMPLE.COM. *TIME INC. IS THE PARENT COMPANY OF REAL SIMPLE.

"She made me buy it!"

A RECENT STUDY published in *Journal of Consumer Research* showed that people feel less guilty if someone else makes a guilt-fueling decision for them. For example, if someone insists on sharing chocolate cake for dessert, others gladly join in without regret. And the same dynamic operates with purchases, too. So the next time your friend says, "You should totally buy those designer jeans," take a minute to consider whether you would make that choice shopping solo. —YELENA MOROZ

PORTRAIT BY SARAH MAYCOCK

POWERFULLY CLEAN. VIBRANTLY FRESH. INSPIRED BY NATURE.

Discover the **Clean Scentsations™ Collection**. The power of ARM & HAMMER™ with boosted Baking Soda plus scents inspired by nature for brilliantly clean laundry with freshness that lasts.



ARM & HAMMER™ is proud to contribute to the National Park Foundation in helping to preserve America's National Parks.



Sun-Kissed Flowers
Yosemite - California

Purifying Waters
Glacier Bay - Alaska

Twilight Sky
Acadia - Maine



Find us on

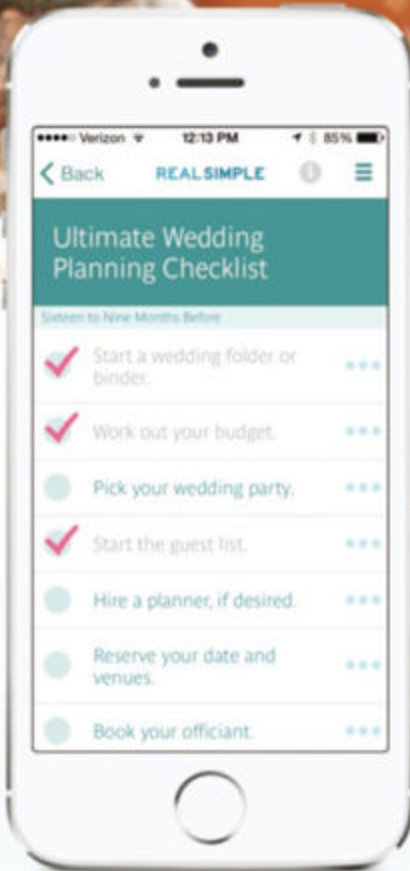
THE CLEAN YOU NEED, THE SCENTS YOU'LL LOVE FOR LESS.*

*per load vs. the leading detergent



REAL SIMPLE

Wedding Checklists App



Helping you get through all those
“to-dos” on the way to “I Do”...

- ✓ Cut time and stress with 13 essential checklists
- ✓ Create your own to-do lists
- ✓ Set reminders for upcoming tasks
- ✓ Share tasks with friends and family

**Get It Today ... and Start
Planning that Dream Wedding**

This is real

03.2015



ILONA SZWARC (GROVELAND, MASSACHUSETTS, 2012)



TAYLOR
FOSTER

AGE: 37
OCCUPATION:
mom, yoga
teacher,
pastry chef



LESLIE
BORNSTEIN

AGE: 68

OCCUPATION:
documentary
filmmaker

anti-aging advice for every age

IT DOESN'T TAKE MUCH TO LOOK YOUR BEST, NO MATTER YOUR NUMBER.
HERE'S A CONCISE (YET COMPREHENSIVE) SKIN-CARE SYLLABUS.

Written by Genevieve Monsma Photographs by Paul Westlake

MORE IS NOT MORE. Just because we're in the midst of an anti-aging skin-care boom—with an ever expanding profusion of scientifically backed retinols, AHAs, BHAs, peptides, antioxidants, hyaluronic acids, et al.—doesn't mean you should be piling on the new advancements as fast as they make them. Why? "Most of us just can't comply, long-term, with extensive regimens," says Neal Schultz, a dermatologist in New York City. Plus, all those products can become pricey. And, frankly, there's no correlation between the amount of stuff you put on your face and youthful skin. In fact, says Schultz, "slathering on too many formulas often causes irritation." Better: Limit your regimen to two to three steps in the morning and the same at night, and stick to it for four to six weeks, at which time you should start to notice results. Choose multitasking products whenever possible to ensure that you're getting lots of benefits for your buck. And let your age dictate which Breakthrough Ingredients to use now (and later). Illuminating, eh?

IN YOUR 20s

Your complexion is at its most cooperative during this decade. You've probably (mostly) outgrown pesky teen pimples and are not yet shouldering the stress or hormonal imbalances (due to pregnancy or perimenopause) that can trigger adult acne in your 30s or 40s. You are also producing plenty of collagen, so your skin is plump and smooth, and any sun damage that you've suffered is probably still concealed well beneath your

skin's surface. But this is the time to lay the groundwork for the future. "Being proactive about your anti-aging regimen can help delay the wrinkles written into your DNA by a decade or more," says Schultz. And remember: What you don't do in your 20s is as important as what you do do, says Gervaise Gerstner, a Manhattan dermatologist. That means no sunning, no smoking, and no falling into bed without washing your face.

YOUR SIMPLE 20s SKIN-CARE STRATEGY

A.M.

EXFOLIATING CLEANSER

Although persistent acne may have subsided, your skin still has active oil glands, says Susan Taylor, a Philadelphia dermatologist, who recommends picking a cleanser with a chemical exfoliant, such as salicylic or glycolic acid, to clear away excess sebum and prevent clogged pores. Try Clinique Acne Solutions Cleansing Foam (\$20, clinique.com).

OIL-FREE SUNSCREEN

Daily application is a must. It is the single most effective way to prevent sun spots, says Gerstner—and preventing them is far easier (and cheaper) than removing them. To ensure that you're getting adequate protection, most dermatologists recommend a broad-spectrum sunscreen with SPF 30 or higher. And a friendly reminder: Reapply frequently if you're in direct sunlight, such as at the beach. Try Shiseido Urban Environment Oil-Free UV Protector SPF 42 (\$32, shiseido.com).

P.M.

GENTLE CLEANSER

To avoid stripping skin of too much oil, which could actually trigger breakouts as well as irritation, Taylor suggests a hydroxy acid-free gel cleanser. Try Neutrogena Extra Gentle Cleanser (\$7 at drugstores).

EXFOLIATING TREATMENT

Look for a serum or a night cream with skin-sloughing ingredients to continue to promote collagen production and help keep pores clear and your complexion radiant. Try SkinCeuticals Retinol 0.5 Refining Night Cream (\$57, skinceuticals.com), BeautyRx Daily Exfoliating Therapy Serum with glycolic acid (\$65, beautyrx.com), or a prescription retinoid, such as Retin-A.

OPENING PAGES, LEFT: MADYHA FAROOQUI FINE JEWELRY EARRINGS, MADYHAFAROOQUI.COM. RIGHT: ALASDAIR NY BLAZER AND TOP, ALASDAIRNY.COM.
OPPOSITE PAGE: POLLY WALES FINE JEWELRY EARRINGS, LOVE, ADORNED, 212-431-1500.

IN YOUR 30s

Your focus now should be on preventing fine lines and discoloration due to sun damage, as well as treating adult acne, a condition that affects 50 percent of 30-somethings, says Jessica Wu, a Los Angeles dermatologist. (Interestingly, of that 50 percent, only half battled acne as teens.) Even if you don't suffer from adult acne, you will benefit from deep-cleaning products, since your skin is probably oilier than your mother's was at this age. "Normal used to be the most common skin type among women in their 30s, but now it's combination skin," says Schultz. This uptick in sebum production may be the result of the same factors causing the spike in adult acne—namely stress, hormonal imbalances, and the increasing assaults of pollution.

YOUR SIMPLE 30s SKIN-CARE STRATEGY

A.M.

GENTLE CLEANSER

Jessica Wu says to opt for something mild over medicated at this age to avoid disrupting the skin's barrier (a.k.a. its shield against external irritants). Try **Peter Thomas Roth Cucumber De-Tox Foaming Cleanser** (\$35, peterthomasroth.com).

ANTIOXIDANT SERUM

Antioxidants, such as vitamin C, help fight off the free radicals that accelerate wrinkling. They can also reduce inflammation, diminishing breakout-related redness, says Fredric Brandt, a dermatologist with practices in New York City and Miami. Try **Skinceuticals Phloretin CF** with vitamin C (\$159, skinceuticals.com).

SUNSCREEN

In addition to preventing fine lines and wrinkles, using an SPF of at least 30 daily will keep pimple scars from darkening, a common problem for those with deeper skin tones, says Wu. Try **La Roche-Posay Anthelios 60 Ultra-Light Fluid Sunscreen** (\$30, laroche-posay.us.com).

P.M.

GENTLE CLEANSER

Most dermatologists say you can use the same cleanser morning and night. And when you're just too tired, wipe your face with a cleansing cloth to keep pores in the clear. Try **Burt's Bees Cucumber & Sage Facial Cleansing Towelettes** (\$6 at drugstores).

EXFOLIATING TREATMENT

A retinoid product—or, if you can't take the sting, one with glycolic acid—is the best way to address acne while staving off lines. Try **StriVectin Advanced Retinol Night Treatment** (\$109, strivectin.com) or **Olay Regenerist Night Resurfacing Elixir** with glycolic acid (\$23 at drugstores).

OLIVIA
LOCHER

AGE: 24
OCCUPATION:
photographer



IN YOUR 40s

While prevention of lines and sun spots is still the main goal, you also need to start combatting the smattering that have begun to crop up. “What began as cute freckles in your 30s coalesces in your 40s into larger splotches that remain long after summer’s end,” says Wu. You may still battle the occasional breakout as well, so look for products that address both flare-ups and the early signs of aging. On the bright side, many dermatologists say that you no longer need to use a cleanser in the morning (assuming that you washed your face before bed). A rinse in the shower or a splash of cool water is enough to refresh. Skipping cleanser in the morning ensures that you won’t strip your skin, as this is the decade when sebum production begins to decline due to perimenopause or, in some cases, full-fledged menopause.

YOUR SIMPLE 40s SKIN-CARE STRATEGY

A.M.

ANTIOXIDANT SERUM

In addition to preventing free-radical damage from the UV rays that are not blocked by sunscreen, the antioxidant vitamin C, specifically, has collagen-boosting (read: line-plumping) effects. Try **Perricone MD Vitamin C Ester Serum** (\$98, perriconemd.com).

MOISTURIZING SUNSCREEN

Opt for one with a creamy, hydrating base, which moisturizes and protects, says Brandt. Wu recommends BB or CC creams to her patients over 40 because they offer moisture, sun protection, and tint. Try **BeautyRx Exfoliating Green Tea Complex SPF 20** (\$90, beautyrx.com) or **Clinique Moisture Surge CC Cream Broad Spectrum SPF 30** (\$37, clinique.com).

EYE CREAM

Not everyone needs an eye cream. For some, the moisturizer you’re using on the rest of your face will suffice. But if you’re noticing a proliferation of crow’s-feet, or if dark circles are a chronic issue, “add a product that targets them head-on,” says Brandt.

Anything that contains retinol or glycolic acid should help. Both ingredients boost collagen production, to plump up lines, and fade dark circles caused by hyperpigmentation. Try **ROC Retinol Correxion Eye Cream** (\$23 at drugstores) or **Dr. Dennis Gross Ferulic & Retinol Eye Cream** (\$68, dgskincare.com).

P.M.

GENTLE CLEANSER

While you get a pass on morning cleansing (but not sunscreen—never sunscreen!), you do need a product to remove makeup and grime at day’s end. Because your skin is becoming drier, stick to mild, nonacid-based washes. If you want a deeper clean a couple of times a week, use a cleansing brush in conjunction with your sudser. Try **Aveeno Ultra-Calming Foaming Cleanser** (\$7, aveeno.com for stores) and the **Foreo Luna cleansing device** (\$199, foreo.com).

EXFOLIATING PRODUCT

To help keep sun damage and wrinkles from deepening (or surfacing), use of a dead-cell-sloughing, collagen-boosting retinoid or glycolic acid product is essential. Try **Neutrogena Rapid Wrinkle Repair Night Moisturizer** (\$21 at drugstores) or a prescription-strength retinoid, such as Renova.

A close-up portrait of Crystal Granderson-Reid, a woman with short, dark hair, looking slightly to the left. She is wearing a light-colored, textured sweater and small, thin, vertical earrings. The background is dark and out of focus.

CRYSTAL
GRANDERSON-
REID

AGE: 42
OCCUPATION:
writer, creative
consultant



**SANDRINE
VAN SLEE**

AGE: 51

OCCUPATION:
fine-art painter,
makeup artist

IN YOUR 50s

“This is the decade of collagen loss and saggy skin,” says Wu. (Oh joy.) The reason: Menopause (peri- and the real deal) affects nearly every woman in her 50s, and its onset is coupled with a steady decline in estrogen, which causes collagen production to drop off sharply and the skin to become significantly drier. So load up on products that hydrate and boost collagen. As in your 40s, you can skip washing your face in the morning (assuming you did it before you went to bed) or just splash with cool water.

YOUR SIMPLE 50s SKIN-CARE STRATEGY

A.M.

ANTIOXIDANT SERUM OR CREAM

Studies have shown that inflammation speeds aging. All the more reason to reach for inflammation-calming antioxidants first thing in the morning. Try **Origins A Perfect World Antioxidant Moisturizer With White Tea** (\$41, orgins.com).

HYDRATING SUNSCREEN OR MOISTURIZER WITH SPF

Sun protection helps stop years-old damage lurking beneath the skin from surfacing. Choose sunscreen in a rich base, or if your skin is particularly dry, mix a dollop of **Aquaphor Healing Ointment** into any noncreamy formula in your hand before applying, to increase the moisture in your skin, says Gerstner. Try **Lancôme Bienfait Multi-Vital SPF 30 Cream** (\$46, lancome-usa.com).

EYE CREAM

If you haven't already, incorporate one into your routine now. Even if you've managed to sidestep dark circles and crow's-feet, the skin around the eyes starts to become crepey (thanks to collagen loss) during this decade. Choose a product that contains collagen boosters, such as retinoids, peptides, or glycolic acid. Try **Glow by**

Dr. Brandt Revitalizing Retinol Eye Cream (\$55, drbrandtskincare.com).

P.M.

GENTLE CLEANSER

This helps create a clean canvas that lets anti-aging treatments penetrate more effectively. Try **Garnier Clean & Nourishing Cleansing Oil** (\$8, garnierusa.com).

ANTIOXIDANT SERUM OR CREAM

Like exercise, this is one habit that you can't give up or everything will start to head south. You can use the same one you apply in the morning.

EXFOLIATING TREATMENT

A prescription cream, such as **Renova** or **Retin-A**, will be your most effective option for sloughing skin, encouraging cell turnover, and sparking collagen production. If you can't tolerate retinoids, a product with glycolic acid or peptides may be a worthy substitute—not as powerful, but less irritating. Try **ReVive Moisturizing Renewal Cream** with peptides and glycolic acid (\$195, reviveskincare.com).

60s

AND OLDER

“Easy does it” is your new mantra. Your skin-care regimen shouldn’t change markedly from 50 to 60 to 70. (Hydrating, firming, and keeping discoloration at bay are still your major concerns.) However, many women find that their skin does become more sensitive after 60. This may be the result of the skin’s barrier function becoming less proficient at keeping irritants out—or it may simply be that the skin is thinner, drier, and more vulnerable to outside assault, says Wu. So you may have to downshift your exfoliating regimen. (For example, use your retinoid or glycolic acid every other night rather than daily.) Also, choose an antioxidant product that calms inflamed skin, too. (One to try: Renée Rouleau Soothing Relief Serum with white tea and soothing algae extract, \$43, reneerouleau.com.)



HAIR AND MAKEUP HELP

Want more tips on age-proofing your look? Go to realsimple.com/beautyadvice.

THE BEST IN-OFFICE TREATMENTS FOR YOUR AGE

Looking for a little something extra? Consider supplementing your at-home regimen with a noninvasive procedure in a doctor’s office or spa to accelerate the results a bit. Top dermatologists explain your options.

20s

While many doctors are reluctant to recommend injectables, lasers, or even peels at this stage of the game, Susan Taylor, a dermatologist in Philadelphia, says that regular, seasonal facials can help keep pores clear and prevent blackheads.

30s

If you’re seeing fine lines around the eyes or have a number 11 etched between your brows, nothing beats the wrinkle-relaxing powers of botulinum toxin type A injections, such as Botox or Dysport (about \$400 and up per session; you may need a few a year). “I call the treatments I give to my 30-something patients ‘baby Botox,’” says Neal Schultz, a Manhattan dermatologist. These treatments consist of tiny injections in a few spots to smooth and prevent the deepening of lines. If, however, you’re more concerned with uneven tone or breakouts than fine lines, Taylor suggests chemical peels (at \$100 a pop; you may need six)

to “remove discoloration, lighten any dark spots, and smooth the texture of the skin.”

40s

Again, Botox and Dysport top the list for their ability to erase existing lines and help prevent new ones from forming. Fillers, such as Restylane and Juvéderm Voluma XC (prices and duration of results are comparable to botulinum toxin type A injections), run a close second, though, as they do what you might think: They fill droopy areas, like cheeks, producing a more lifted look.

50s+

Because this is the decade of dwindling collagen loss—as well as the time when sun abuse from the past becomes noticeable in the form of dark spots—many dermatologists recommend laser-resurfacing treatments, such as the no-downtime Clear+Brilliant or the more intensive Fraxel Dual. (Prices range from the high hundreds to the low thousands, depending on where you live.) Both can help jump-start the production of fresh collagen as well as lighten discoloration in one session.

STYLING BY JENNIFER SMITH; HAIR BY GERALD DECOCK USING ORIBE HAIR CARE; MAKEUP BY GLENN MARZIALI USING CHANEL FOR FACTORY DOWNTOWN; MANICURES BY ANA-MARIA USING THE SYSTEM BY FORMULA X FOR SEPHORA.







The foolproof formula for a neat, inviting bed: two queen-size pillows in back, two standard pillows in the middle, and one lumbar in front. Balance with a throw tossed casually (not perfectly folded) at the foot of the bed.

YOUR BEDROOM: TRANQUIL, FUNCTIONAL, BEAUTIFUL

PILLOW-PICKING TIPS,
NIGHTSTAND-PAIRING TRICKS,
DUST-BUNNY-BANISHING
MOVES, AND MORE—28 SECRETS
TO REST EASIER TONIGHT.

Written by
Virginia Sole-Smith
Illustrations by
Cassandra Montoriol

STYLING SMARTS

To make your bedroom an (ultra-functional) picture of bliss, follow the decorating pros' M.O.'s.

HEADBOARD

In the market for a new one?

If your ceiling is a standard height (8 to 10 feet), look for a style that's 45 to 54 inches from the floor to the top.

(This applies to rectangular headboards; arched versions can be taller in the middle.) You want enough height to be able to lean back, but there should be no more than one foot of headboard above the tallest pillow; otherwise any art will be pushed too high. An upholstered version adds a nice layer of texture and is the most comfortable type for sitting up in bed.

BEDSIDE TABLES

Nightstands that are the height of the bed or an inch or two lower—generally 24 to 27 inches high—look best.

If you want to try a mismatched pair of tables, make sure both are the same height or within two inches of each other. A surface that's at least 18 inches deep allows you to fit a lamp plus an object or two, like a clock, a stack of books, or a vase.

BENCH

A bench at the foot of the bed helps a room feel pulled-together (and provides a curl-up spot for kids who "can't sleep"). But if you don't have at least three feet of space between the bench and the opposite wall, you're better off skipping it, to keep the room from feeling crowded. Avoid a dinky bench: It should fill about two-thirds the width of the bed.



ART

The wall area above the bed is prime real estate for art. But because it's such a prominent spot, a piece too puny or overwhelmingly large can ruin the room. Art that fills about two-thirds of the space vertically and horizontally is no-fail.



LAMPS

To unify two very different bedside tables, top them with a pair of matching lamps. A drum-style shade is always a safe bet—the clean shape will never feel dated.

LIGHTING

Like reading in bed? The bottom of the nightstand lamp's shade should be 13 to 15 inches above the surface of the mattress to give you the best light.

THROW

Toss a cozy blanket over your duvet in winter. In warmer months, keep it on a chair in the room instead.

RUG

The ideal floor covering gives you at least 20 inches of rug on all three sides of the bed—any less looks cramped and awkward.

Q. AND A.: FOOLPROOF FLOOR PLANS

Experts solve three common layout conundrums.

How can I make my tiny bedroom feel bigger?

K. M. S., via Facebook

Start by thinking about the placement of the bed. "If you push it up against one of the shorter walls, you can open up a lot more floor area," says Elaine Griffin. Next, consider the rug. "The bedroom is one space where I consider wall-to-wall carpeting, because it extends the room to every corner," says Thom Filicia. "An area rug chops up the floor and can make the room feel smaller." And think like a minimalist. Too many colors can feel chaotic in a small space, so Nate Berkus suggests a calming, subdued palette—such as tone-on-tone or colors close in hue, like grays and blues. "Then you can get wild with texture instead," he says. "In a small space, I love an upholstered headboard with a chunky throw, plus a little shimmer: a pair of metallic bedside lamps, for example, or a mirrored tray to hold nightstand essentials. This will bounce light around, which can make the room feel bigger and brighter."

Our bedroom is tricky because every wall has something on it: windows, the closet doors, the bathroom door, the door to the hallway. Where do we put our furniture?

T. M., via Facebook

"People can get really tripped up by a setup like this," says Berkus. "The best thing to do is buy those little felt pads that go under furniture legs and be ready to push things around until you find a layout that feels right."

(CONTINUED ON FOLLOWING PAGE)



Foolproof floor plans (continued)

Keep these general guidelines in mind: When possible, the bed should be placed on the wall that's the most open, to leave room for nightstands and moving about on either side. And "ideally, if you sit up in bed, you will face a window, not a bathroom door," says Thom Filicia. Put your next-largest piece of furniture on the window wall, even if it blocks the window a bit. "Place a lamp on top and it will look pretty at night, framed by your drapery," says Filicia. Last, consider painting all the doors in the room the same color as (or a color close to) the walls. "This simplifies the room and gives it more continuity," says Filicia.

**(MORE)
INCENTIVE
TO MAKE
YOUR BED**

People who complete this chore every day are nearly 20 percent more likely to get a good night's sleep, according to a 2012 survey by the National Sleep Foundation.

The only place to put my bed is in front of a window. How do I make this work?

B. L., VIA FACEBOOK

The goal is to disguise the window so it feels more like a plain wall behind the bed. Paint all of the window's trim and recess the same color as the wall, says Elaine Griffin: "This is much more restful for your eye than having the chopiness of a lot of contrast between window and wall." (An eggshell or flat finish is fine for the walls, but the trim and the recess need a more durable satin or semigloss finish.) If the headboard is upholstered, choose Roman shades over floor-to-ceiling curtains, which can weigh down that area with too much fabric. With a wood or metal headboard, hang curtains plus full-length sheers on a double rod behind the curtain panels. "Choose sheers that are similar in color to the wall," says Griffin. Last, fill the adjacent wall space with striking artwork or a mirror so the eye is drawn there, as opposed to where the bed is blocking the window.

CUSHION THEORY

Do you regularly wake up with a splitting headache or neck and shoulder pain? Chances are you're sleeping on the wrong kind of pillow, says Natalie Dautovich, Ph.D., a National Sleep Foundation environmental scholar. "The right pillow," she says, "lets you rest comfortably in your natural sleeping position—on your back, side, or stomach—with your head and neck centered over your shoulders."



IF YOU'RE A BACK SLEEPER

You need a pillow that offers medium support, about five inches high. Too firm or too thick and you'll end up craning your neck forward. **TO TRY:** iComfort Contour, \$99, serta.com; or Sealy Posturepedic Posture Fit Back Sleeper, \$100, kohls.com.



IF YOU'RE A SIDE SLEEPER

A thick, firm pillow is the best bet, to keep your neck in alignment. One with gussets (side panels, like a box pillow has) fills the gap between ear and mattress. **TO TRY:** Eileen Fisher organic cotton and down, \$228, garnethill.com; or 300-thread-count sateen synthetic-fill gusseted, \$54, cuddledown.com.



IF YOU'RE A STOMACH SLEEPER

Stick with a pillow that's low and flat, to avoid throwing your spine out of alignment. **TO TRY:** Down-alternative outer shell, \$40, sleepnumber.com; or The Company Store Primaloft deluxe, \$40, thecompanystore.com.

THE DESIGN EXPERTS

NATE BERKUS, New York City; TOBI FAIRLEY, Little Rock; THOM FILICIA, New York City; ELAINE GRIFFIN, New York City; SALLY WHEAT, Houston; the RS Home Department.

MODERN MATTRESSES

Sleep experts recommend a replacement every eight years. Overdue? Consider one of these newfangled models.

Casper

Memory-foam mattresses that conform to your body are extra-supportive, but they tend to trap the heat that you give off as you sleep. This version has a top layer of latex foam, which circulates air and gives the surface some bounce, for a cooler, more comfortable rest.

TO BUY: \$850 for queen, casper.com.

Newton Rest

Made with Wovenaire, a highly breathable fill with a spongy, weblike structure, this mattress keeps bacteria and dust mites to a minimum. The zippered outer casing is machine-washable, and the inner fill is so lightweight that you can put it in the shower to clean it with soap and hot water.

TO BUY: \$1,950 for queen, newtonrest.com.

Healthy Choice Marigold Organic

If you're looking for a mattress that's chemical-free and hypoallergenic, here's a good one. Constructed of soft organic cotton and durable organic wool, it's hand crafted with a sturdy natural-rubber core that makes it incredibly long-lasting. (Comes with a 25-year warranty.)

TO BUY: \$3,799 for queen, hcmattress.com.

3 APPS TO BOOST BEDROOM COMFORT

1 WHITE NOISE

Light sleepers who want to muffle things that go bump in the night can choose from 40-plus soothing sounds, like rain, fan, and grandfather clock. Or record your own (waves at the beach, say) to play on a loop. (\$2, iTunes.)

2 SLEEP CYCLE

This "intelligent alarm clock" uses your smartphone's accelerometer to monitor your movements all night so it can wake you during your lightest sleep phase, leaving you refreshed, not groggy. (\$1, iTunes.)

3 F.LUX

At night, this app dims the sleep-disrupting blue light of a screen automatically, allowing you to surf the Web before you turn in without disturbing your circadian rhythms. (Free, just getflux.com.)

YOUR THREE-STEP DUST-BUNNY REDUCTION PLAN

Or: how to maintain composure when you bend down to put on socks and see those fuzzy puffs lurking under your bed.

STEP 1: Know where they live. Dust bunnies commonly build up between the headboard and the wall before they spill out to the floor under the bed. So take a minute to dust the frame of the bed whenever you change the sheets. "Use a micro-fiber cloth to really grab all

that dust, instead of just spreading it around," says Debra Johnson, a home cleaning expert for Merry Maids.

STEP 2: Keep the space under the bed clutter-free. "It's much harder to stay on top of cleaning if you have to move lots of bins out of the way every time," says Johnson.

STEP 3: Vacuum at least biweekly, always ending with the area under and behind the bed to keep fuzz from settling there. If the floor isn't carpeted or covered with a rug, finish by swiping as much of the space as you can with a dryer sheet, which repels dust from hardwood.



CLUTTER-FREE = CALM
Want a quick and easy organizing game plan? Get a printable checklist at realsimple.com/neat

Turn-down service

You've heard this before: *Get the TV out of the bedroom.* "The light it emits messes with our natural body clock, which tells us when to be awake and asleep," says Rubin Naiman, Ph.D., a sleep psychologist and a professor of medicine at the University of Arizona's Center for Integrative Medicine. But OK: What if you just can't give up *Scandal* binge-watching in bed? Turning the TV off at least two hours before bedtime helps, but even the tiny glow of the DVR's LED display is enough to disrupt sleep patterns. Instructions for dimming the DVR are elusive on many cable providers' sites, but there's an easy fix: Apply tinted vinyl strips called Dimmys to the display panel. They use static electricity to cling to nearly any smooth surface, so they can be removed anytime without leaving behind a sticky residue. And they won't interfere with the remote control. (\$5.95 for about 20 strips, ledimmys.com.)

CANNELLINI, CHORIZO, AND
KALE SOUP
(RECIPE, PAGE 142.)

HERE'S YOUR
CHANCE
TO TRY DRIED
BEANS.
A pressure
cooker halves
their soaking
and cooking
time. More
flavor—and
cheaper than
canned.



THINK FAST

What's the one kitchen tool you don't have—but should? A **pressure cooker**. Allow us to do the (delicious) convincing.

Recipes by Charlyne Mattox and
Anna Shillinglaw Hampton
Photographs by Christopher Testani
Food Styling by Alison Attenborough
Set Design by Jeffrey W. Miller

Tamales
normally
steam for 2
hours. In
a pressure
cooker?
JUST 20
MINUTES.

CHEESE AND GREEN CHILI
TAMALES

(RECIPE, PAGE 142.)



LEMON DILL CHICKEN NOODLE SOUP

HANDS-ON TIME **10 MINUTES**
TOTAL TIME **50 MINUTES**
SERVES **6**

- 1 large onion, cut into wedges
- 1 pound carrots, cut into 1-inch pieces
- 4 stalks celery, cut into 1-inch pieces
- 1 tablespoon Worcestershire sauce
- 1 3½- to 4-pound chicken
- Kosher salt and black pepper
- 4 ounces wide egg noodles
- ¾ cup frozen peas
- ¼ cup chopped fresh dill
- 1 tablespoon fresh lemon juice

1. PLACE the onion, carrots, celery, Worcestershire, 6 cups water, and chicken (breast-side up) in a 6- to 8-quart pressure cooker. Season with 1 teaspoon salt and ½ teaspoon pepper.

2. SECURE the lid and bring to high pressure over medium-high heat. Reduce temperature and cook over medium-low heat for about 30 minutes. Release the pressure and remove the lid. The chicken should be cooked through.

3. TRANSFER the chicken to a bowl and let cool. When the chicken is cool enough to handle, shred the meat (discard the bones and skin).

4. MEANWHILE, skim any excess fat from the soup. Add 2 cups water to the pot and bring to a boil. Add the noodles and cook until tender, 4 to 6 minutes. Stir in the reserved chicken, peas, dill, and lemon juice. Simmer until warmed through, 2 to 4 minutes.

A whole chicken cooks in 30 minutes. Just shred, stir, and serve.

SHORT RIBS WITH MASHED POTATOES AND PARSLEY RELISH

HANDS-ON TIME **35 MINUTES**
TOTAL TIME **1 HOUR, 25 MINUTES**
SERVES **4**

- 3 tablespoons olive oil
- 8 bone-in short ribs (4 pounds total), cut into 2-inch pieces
- Kosher salt and black pepper
- 1 onion, chopped
- 2 fresh thyme sprigs
- ¼ cup tomato paste
- 2 tablespoons all-purpose flour
- ½ cup dry red wine
- 1½ cups low-sodium chicken broth
- 3 large Yukon gold potatoes (1 pound total)
- ½ cup whole milk, warmed
- 2 tablespoons unsalted butter, cut into pieces
- ½ cup packed parsley leaves
- Zest of 1 lemon

1. HEAT 1 tablespoon of the oil in a 6- to 8-quart pressure cooker over medium-high heat. Season the ribs with ¾ teaspoon salt and ½ teaspoon pepper. Cook, in batches, until brown on all sides, 14 to 16 minutes. Transfer to a plate. Pour off all but 1 tablespoon of the fat.

2. ADD the onion and thyme to the pressure cooker. Cook, stirring occasionally, until the onions begin to soften, 3 to 4 minutes. Add the tomato paste and cook, stirring, for 30 seconds. Add the flour and cook, stirring, for 15 seconds. Add the wine and cook until thickened, 1 to 2 minutes. Whisk in the broth.

3. NESTLE the ribs in the cooking liquid. Top with the potatoes. Secure the lid and bring to high pressure over high heat. Reduce heat to medium-low and cook for 45 to 50 minutes. Release the pressure and remove the lid. The ribs and potatoes should be tender.

4. TRANSFER the potatoes to a medium bowl. Add the milk, butter, and ½ teaspoon each salt and pepper to the bowl and mash. Meanwhile, toss together the parsley, lemon zest, and the remaining oil. Season with salt and pepper.

5. SERVE the potatoes warm, topped with the ribs and parsley relish.

PRESSED FOR TIME?

WHY YOU SHOULD TRY A PRESSURE COOKER.

WHAT IS IT, EXACTLY?

A typical stovetop pressure cooker sits directly on the burner, like a regular pot, but has a very tight-fitting lid that traps steam while the food is cooking. The food cooks at a higher temperature and much more quickly than in an ordinary pot.

SO IT'S DIFFERENT FROM MY SLOW COOKER?

It's the opposite of a slow cooker, actually. Pressure cookers use a similar wet-heat method (trapped steam drips off the lid and keeps food moist), so you get similar results. But it's about eight times faster, cooking food quickly over super-high heat instead of slowly over low heat.

IS IT SAFE?

Yes. Today's models are easy to use and very secure. (No need to fear an exploding lid!)

WHAT CAN IT DO?

Quick-cook substantial pieces of meat, like whole chickens, and tenderize tough cuts, like brisket and ribs, without having the oven on all day.

WHAT CAN'T IT DO?

Because the pressure cooker employs steam, it's not great for creating a crusty sear on meats. And skip it for most fish; the heat is too powerful.

WILL ALL THE FOOD TURN OUT BROWN AND MUSHY?

No. Think of it as a braise, only faster. You'll get distinct flavors, textures, and colors. Add something fresh and bright, like herbs, at the end.

HOW DO I WORK IT?

Read your manual. Carefully. Every model is different, and you need to know how to seal the lid safely and release the powerful steam before removing the lid at the end. As with a regular pot, you can first brown meat or onions in it before putting on the lid.

WHAT KIND SHOULD I BUY?

A 6- or 8-quart stockpot-style stovetop pressure cooker will hold 2 to 8 servings. Look for one with at least two pressure settings (either high and low or a range in numbers) that you can adjust during cooking. A quick-release setting will also shave off time, by releasing steam in a flash. A good cooker runs from about \$60 to \$140. Look for models by Fagor, T-fal, and Tramontina.

SHORT RIBS WITH
MASHED POTATOES AND
PARSLEY RELISH

Fall-apart short ribs in about an hour—without ever turning on the oven.

CANNELLINI, CHORIZO, AND KALE SOUP

HANDS-ON TIME **15 MINUTES**
TOTAL TIME **1½ HOURS**
(INCLUDES SOAKING TIME)
SERVES **6**

- 1/4 pound dried cannellini beans
- 1 tablespoon olive oil
- 3/4 pound fresh chorizo sausage, casings removed
- 1 onion, chopped
- Kosher salt and black pepper
- 2 celery stalks, cut into 1-inch pieces
- 2 carrots, cut into 1½-inch pieces
- 6 cups low-sodium chicken broth
- 1 bay leaf
- 1 small bunch kale, stems discarded and leaves torn (about 7 cups)

1. SOAK the beans: Cover the beans with water, bring to a boil, and turn off the heat. Set aside for 1 hour. Rinse and drain.

2. HEAT the oil in a 6- to 8- quart pressure cooker over medium-high heat. Add the sausage and cook, breaking it up into large pieces with a spoon until golden brown but still pink in the middle, 4 to 6 minutes. Transfer to a plate.

3. ADD the onion, 3/4 teaspoon salt, and 1/4 teaspoon pepper to the pressure cooker. Cook, stirring occasionally, until the onion begins to soften, 3 to 4 minutes. Add the celery, carrots, broth, bay leaf, beans, and reserved sausage. Secure the lid and bring to high pressure over high heat. Reduce temperature to medium-low. Cook for 15 minutes. Release the pressure and remove the lid. The beans should be tender.

4. STIR in the kale and let sit until wilted, 1 to 2 minutes. Serve warm.



UNDER PRESSURE

For more tips and tricks, go to realsimple.com/pressurecooker.

CHEESE AND GREEN CHILI TAMALES

HANDS-ON TIME **1 HOUR**
TOTAL TIME **1 HOUR, 20 MINUTES**
(INCLUDES SOAKING TIME)
SERVES **4 TO 6**

- 16 dried corn husks (found in the international aisle of the supermarket)
- 2 cups instant corn masa (found in the international aisle)
- 1 teaspoon baking powder
- Kosher salt
- 2/3 cup vegetable shortening
- 4 ounces sharp white Cheddar, grated (about 1 cup)
- 1 4.5-ounce can chopped green chilies, drained
- Salsa, pickled jalapeños, and lime wedges, for serving (optional)

1. SOAK the corn husks in water until soft and pliable, 20 minutes.

2. MEANWHILE, stir together the masa, baking powder, 1½ teaspoons salt, and 1½ cups water in a bowl to combine. Beat the shortening in a separate bowl with an electric mixer on medium-high until light and fluffy, 2 to 3 minutes. Add the masa mixture in 2 additions, beating between each, until light and fluffy, about 2 minutes. Refrigerate until firm, about 20 minutes or up to overnight.

3. DRAIN the corn husks and pat dry. Place 1/4 cup of the masa mixture in the center of one of the corn husks. Spread the mixture into a rectangle, using the back of a spoon, leaving a 1-inch border on both sides of the husk and a 2-inch border on the top and bottom. Sprinkle 1 tablespoon of the cheese down the center; top with 1 teaspoon of the chilies. Tightly wrap the tamale in the corn husk; fold one of the long sides over the other. Fold over the 2 ends and secure with kitchen twine. Repeat until all the tamales are filled.

4. PLACE 3 cups of water in the bottom of a 6- to 8- quart pressure cooker and fit with a steamer basket. Add the tamales, seam-side up, to the basket. Secure the lid and bring to high pressure over high heat. Reduce temperature and cook over medium-low heat for about 20 minutes. Release the pressure and remove the lid. When ready, the filling should no longer stick to the husks. Serve warm with salsa, pickled jalapeños, and lime wedges, if desired.

BEEF BRISKET SANDWICH

HANDS-ON TIME **15 MINUTES**
TOTAL TIME **1 HOUR, 45 MINUTES**
SERVES **4**

- 2 tablespoons olive oil
- 1 2½-pound beef brisket, trimmed and cut into 2 pieces
- Kosher salt and black pepper
- 1 onion, chopped
- 1½ cups ketchup
- 1 tablespoon Worcestershire sauce
- 1/4 cup light brown sugar
- 3 tablespoons apple cider vinegar
- 1/2 cup plain Greek yogurt
- 4 teaspoons dill pickle juice, plus sliced pickles, for serving
- 1/2 head napa cabbage, shredded
- 2 scallions, thinly sliced
- 2 carrots, shredded
- 8 slices thick bread (such as Texas toast), toasted

1. HEAT the oil in a 6- to 8- quart pressure cooker over medium-high heat. Season the beef with 1/2 teaspoon each salt and pepper. Cook, in batches, until brown, 6 to 8 minutes. (Reduce heat if pan becomes too dark.) Transfer to a plate.

2. ADD the onion to the pressure cooker. Cook, stirring occasionally, until tender, 4 to 6 minutes. Add the ketchup, Worcestershire, brown sugar, 1 tablespoon of the vinegar, and 1 cup water. Nestle the brisket in the liquid.

3. SECURE the lid and bring to high pressure over high heat. Reduce temperature and cook over medium-low heat for about 1 hour, 15 minutes. Release the pressure and remove the lid. The brisket should be very tender. Transfer the brisket to a bowl and shred using 2 forks. Reserve the sauce in the pressure cooker. Cook the sauce over medium heat until slightly thickened, 6 to 10 minutes. Pour over the brisket and stir to combine.

4. MEANWHILE, combine the yogurt, pickle juice, the remaining 2 tablespoons of vinegar, and 1/4 teaspoon each salt and pepper in a large bowl. Add the cabbage, scallions, and carrots and toss to combine.

5. SERVE the brisket and pickles on the toast, with the coleslaw alongside.



BEEF BRISKET SANDWICH



NO, BRISKET DOESN'T HAVE TO TAKE ALL DAY. This one is ready in just over an hour. (Detecting a theme here?)





Take Back Your Sundays

Every Sunday around 4 P.M., much of the developed world gives a collective groan. The weekend is fast receding, Monday is fast approaching, and the blues (a legit thing—ask the experts) set in. But you can outsmart them—and keep your mood in weekend mode till the clock strikes midnight—with a few easy strategies. **Monday can wait.**

Written by Yolanda Wikiel
Photographs by Geof Kern

EVEN AFTER THE BEST OF WEEKENDS (or especially after the best of weekends), there's a cloud that descends. Chances are, you've felt it. In a 2013 poll from the career site Monster.com, 81 percent of American respondents said they get Sunday-night blues—and 59 percent said they experience them “really bad.” As laid-back “weekend you” begins to morph into uptight “weekday you,” anxiety over anticipating an overflowing in-box, the drudgery of packing school lunches, and the tyranny of a mile-long to-do list sets in.

“Sunday nights aren't considered the end of a great weekend but the beginning of something neither the child nor the adult is looking forward to,” says Stuart Brown, a psychiatrist and the founder of the National Institute for Play, in Carmel Valley, California. But what is the cause of this dread? And what can we do to change it? If you're prone to Sunday-night blues, try one (or, uh, all) of the following tips. And welcome to a future with no more sad Sundays.

Do Sunday on Saturday.

TYPICALLY WE SCHEDULE fun stuff on Saturday, obligations on Sunday. This only reinforces the

blues. Instead, take care of buzz-killing chores, errands, and commitments on Saturday, when you're naturally in a better mood. This could also change your experience of tougher tasks. For example, visiting your great-aunt in the retirement home when you're already feeling down may remind you of the shortness of life; seeing her with a fresh Saturday-morning mind-set might move you to reminisce about summers at the cabin (happier for her, too). This weekend switcheroo leaves you open for “moments of unencumbered joy” on Sunday, when your psyche is in need of them most, says Cassie Mogilner, Ph.D., a happiness researcher and an assistant professor of marketing at the University of Pennsylvania's Wharton School.

Homework is yet another Sunday downer. Nagging kids to hit the books creates an angst-filled evening. “Children may feel more positive on Monday morning if Sunday night is free of last-minute preparations for tomorrow's school day,” says Erika A. Patall, Ph.D., an assistant professor of educational psychology at the University of Texas at Austin. Slot time for homework on Saturday, with a little extra on Sunday morning. (Hash it out with your children beforehand so you can work around soccer games and birthday

"IT'S SUNDAY—I'M CHEATIN'!"

Don't drop the ball on caring for your body or there will be emotional fallout. Some pitfalls to maneuver around:

Carbo loading at brunch. French toast and Bellinis are a recipe for a midday crash. Stabilize your energy level throughout the day with a meal full of protein, says Drew Ramsey, a Columbia University psychiatrist and the author of *The Happiness Diet*. His power brunch: an omelet with pumpkin seeds, kale, and a dash of curry. Preempt a 4 P.M. slump with coffee and dark chocolate at 2. "These are Mother Nature's stimulants, and they improve mood and focus," says Ramsey.

Hiding from the light. Watch out for extreme nesting. Being cooped up all day can wear you down. Much research has pointed to nature's healing effects, but a 2014 study published in *Ecopsychology* discovered that group walks in green spaces—essentially a booster shot of exercise, companionship, and goodness—lead to less stress and enhanced well-being. So grab a pal and hit the park.

A wacked-out sleep schedule. If your kids (or you) are whiny on Sunday evening, staying up late and sleeping in, which throw off the body's biorhythms, could be the culprits. This leads to moodiness, and kids won't be mentally prepared to face Monday, says Jenna Bemis, Ph.D., a psychologist in Minneapolis. Try to keep children to the same wake-up time and bedtime every day so the family can hit the sack early Sunday—and hit the ground running Monday morning.

parties.) This can be a hard sell for teenagers, but if you have little ones, instilling this habit now can really pay off in a multitude of ways. "In general, students learn more if they distribute their studying over time, rather than trying to cram the learning into one long session," says Patall.

Become a forward thinker.

ANOTHER REASON YOU FEEL OFF on Sunday, of course, is that your head is swirling with tasks for the upcoming week. Spare yourself this stress by ending your workweek with a plan. "Before you leave the office on Friday, prep your desk so you can jump in Monday without missing a beat," says Peggy Duncan, an Atlanta-based professional organizer. Create a Monday-specific to-do list, line up necessary files, and tag e-mails that require attention. If you have to check your work calendar over the weekend, do it Sunday morning to avoid having the prospect weigh on you all day, then dive into a distraction (exercise, playtime with the kids) to keep yourself from becoming consumed with work thoughts. If it is within your control, don't schedule Monday-morning meetings. "They just add to the sense of dread," Duncan explains.

Getting your act together at the end of the week can be a boon to all aspects of your life, from planning meals and organizing carpools to managing long-term school projects. Anticipating challenges preweekend will prevent late-night dashes to the market and Staples, and the headaches that go with them.

Be a social animal.

SLIPPING INTO HERMIT MODE is all too easy come Sunday, especially in the short days before daylight saving time kicks in. But there is plenty of research that shows that people who are less social tend to be less happy. And a Sunday already potentially mired in the blahs is when you'll need contact with others the most. Can you stay in your pj's and communicate on Facebook? "Perhaps," says Mogilner. "But connecting over a computer isn't as effective as connecting with living, breathing humans."

Any regular Sunday social ritual—church for some, yoga or softball for others—can lift spirits. In fact, a 2010 study published in *American Sociological Review* found that people who routinely attend religious services were more satisfied

with their lives than were those who didn't. The reason, researchers determined, isn't just related to faith; it's also about having friends in the congregation who give people a sense of belonging and, in turn, higher levels of well-being.

You may get similar benefits without joining a formal group. Institute a standing date with pals to skip the exhausting back-and-forth of making plans, suggests Gretchen Rubin, the author of *Better Than Before*, a book about mastering good habits. "Being accountable makes it much more likely that you won't back out at the last minute," she adds. It doesn't have to be overly complicated. (Who wants to wash a fondue pot on Sunday night?) And it doesn't have to involve many people. Something low-maintenance—like a scheduled phone call with your sister, margaritas with the neighbors, or even Yahtzee night with the kids—can make all the difference.

Volunteering is one more way to connect, but it has an unexpected perk, too. Giving away your time makes you feel as if you have *more* time, reports a 2012 study published in *Psychological Science*. Hence, it extends your weekend. "You get a sense that you're doing a lot with your time," says Mogilner, who worked on the study. "That inspires you to do more later on that day," which leads to more satisfaction. It's a tactic to fend off that "Where did the weekend go?" spiral.

Make over Sunday night.

WHY IS IT that 7 P.M. on a Sunday feels like 11 P.M., but on every other day of the week 7 P.M. is just the start of the evening? Maybe because our idea of "doing nothing"—say, binge-watching *Game of Thrones*—is not necessarily the best medicine for relieving the Sunday blues.

Active leisure—a book club, practicing yoga, or even going to the movies—will make you happier than choosing something that is passive. "If you're engaged in an activity that keeps you moving, you're absorbed in the moment and your mind has much less room to allow workweek worries to sneak in and take hold," says Mogilner. So while we're forever grateful to HBO for transforming Sunday nights, you may want to DVR your favorite episodes and watch them on a night less fraught with anxiety—say, hump day.



TRICKS TO FIX THE SUNDAY BLUES

Real Simple Facebook fans share their personal strategies.

"I FOCUS ON GRATITUDE: FOR A WEEKEND WITH FAMILY, A FRESH START TO A NEW WEEK, AND A GOOD JOB TO GO TO."
M. T. M.

"I DON'T WATCH ANY NEWS AFTER 4 P.M."
C. B.

"DANCE PARTY WITH THE KIDS. AND LOTS OF PIE."
J. E.

"WE HAVE A TRADITIONAL SUNDAY DINNER—IT DOESN'T HAVE TO BE FANCY. THE FACT THAT EVERYONE IS HOME AT ONCE IS PLENTY TO CELEBRATE."
J. B.

"I PLAN NEXT WEEKEND!"
M. D.

"GO OUTSIDE AND DO ANYTHING, NO MATTER THE TEMPERATURE OR HOUR."
A. J. E.

"A CLEAN KITCHEN AND THE HUM OF THE DISHWASHER MAKE ME FEEL THAT MY WEEKEND HAS BEEN PRODUCTIVE, AND THEREFORE I'M LESS STRESSED-OUT FOR THE WEEK TO COME."
I. S. P.

"SCHEDULE A MANICURE FOR MONDAY AFTER WORK."
N. L.

"A BUBBLE BATH WORKS EVERY TIME."
N. D.

THEY'VE GOT IT ALL SORTED OUT

How do you help when disaster feels so distant? One woman wondered—and found a way. Now she and a community of volunteers in Yonkers, New York, send supplies where they're needed most.

DANIELLE BUTIN WANTS YOUR RAIN BOOTS. As founder of the nonprofit Afya (the name is the Swahili word for “health”), she packs boots into birthing kits for places like Sierra Leone, Ghana, and Haiti. Why, you might ask, do rain boots belong in a birthing kit? “Because,” explains Butin, “talking to midwives in Malawi [East Africa], I discovered that some had to walk miles with open sores on their feet to get to a clinic to deliver babies.” They often couldn’t make it through mosquito-infested swamps. Butin knew getting doctors to donate their precious surgical boots would be tough, so she rallied for rain boots and eventually sent hundreds of pairs (not just to East Africa, but to West Africa, too, and to Haiti). Another time, in Tanzania, Butin saw a nurse in a children’s burn unit clutching a pen to her chest like gold; Butin learned the next pen was hours away on foot, and without one, keeping patient medical records was impossible. Now Butin, 51, initiates end-of-school-year “locker dumps” to secure writing instruments. It’s this sort of insider intel—access to specific wishes from communities around the world—that makes Afya, which provides discarded medical and humanitarian supplies to 53 countries in Latin America, Africa, Asia, and the Caribbean, so effective. As Butin likes to say, “It’s supplies on demand.”

Written by
Nicole Sforza
Photographs by
Katherine Wolkoff



Volunteers sort through bandages, ointment, syringes, and more. Often they assemble safe-birth kits containing hand sanitizer, umbilical ties, plastic sheets—and even footwear for the midwives.





DANIELLE BUTIN

“Two years ago, I visited the biggest hospital in Haiti, in Port-au-Prince. The ER was harrowing. Blood everywhere. There were people in the throes of labor who were lying on the floor—and we’re talking only hours from Miami.”

Zeroing in on what people need isn’t new to Butin. A former occupational therapist and health-care executive, she’s the kind of charismatic, energetic person who listens with her whole body; you can practically see the wheels turning in her head as she works through a problem. Her career pivot came in 2007, when she was laid off from a senior management position at United Health-care. She ended up on a trip to Africa, which she describes as life-altering. At a dinner in the Serengeti, Butin met a British M.D. who, with tears in her eyes, described the frustration of trying to do medical mission work with nonexistent supplies. This interaction stuck with Butin. “I took it as a sign,” she says—a call to action. On the flight home, Butin read Tracy Kidder’s *Mountains Beyond Mountains*, about the relief work of

Dr. Paul Farmer and the nonprofit he founded, Partners in Health, in Haiti.

Back in New York, Butin contacted Partners in Health to ask how she could help; they were in need of medical supplies for Haiti. So Butin marched into a hospital and asked administrators if they would be willing to donate goods. “I would have been happy if they’d given me five catheters,” she says. Instead, they offered her an entire roomful of supplies—324 boxes—and told her to come back with a truck to cart it away. “I didn’t have a truck, and I certainly didn’t know how to drive one,” she says, but with the help of her boyfriend, she managed the job. Without a location for supplies, she had to leave the gear (25,000 pounds of it) inside the vehicle. “We had this giant truck parked in front of our house [in the village of Hastings-on-Hudson, New York] for weeks,” she explains. The local police were not happy.

Butin leased a warehouse in nearby Yonkers, set up storage shelves, and sent the first shipment to Haiti, via Partners in Health, in March 2008. Afya was born. During these early days, she learned that American hospitals, because of various regulations, reportedly toss more than 7,000 tons of perfectly good supplies every year, many of them brand-new. That’s \$20 billion worth of potentially life-saving materials. The countries Afya services don’t have the same rules as the United States does, so everything from stethoscopes to IV poles can be rerouted to help others.

Afya responds to natural disasters anywhere in the world but also maintains a database where regions can make specific requests. After a request is made, Afya checks with the community to make sure it’s set up to receive goods.

“We all assume we know what communities need,” says Butin. “We don’t. The communities themselves know best.” That’s not to say Butin doesn’t participate in the process. If a clinic asks for hospital beds, she makes sure it has clean sheets, too. (She has tapped Hilton and Gansevoort hotels to donate linens they’ve retired due to a few loose threads.) When a community asks for desks, she also sends manila envelopes.

Afya operates year-round but also hosts an epic annual “sort-a-thon,” where dedicated volunteers (and first-timers too) come to help sift through and organize donated wares. At this event (and on ordinary sorting days), Butin has a knack for pair-

ing each helper with the right task. “A woman walked in with a fur coat—I said, ‘You’ll write labels,’” she says with a smile. “A kid burst in jumping off the walls—I had him climb shelves to grab boxes.” With music pumping and mountains of supplies spread on tables, volunteers sort methodically and cheerfully.

Last year’s event, in October (which *Real Simple* visited), sent 6,000 pounds of gear to Ebola treatment centers in Sierra Leone. “I love how all these people work their butts off for others who they’ll never meet,” says Butin.

Volunteers (pictured on these pages) seem ignited by the tangible aspect of Afya’s work. Some even travel to Haiti and elsewhere. And all seem just as passionate about the organization’s mission as Butin is.

“I typically volunteer at the warehouse once a week,” says Jay Straus. “Danielle keeps everyone in the loop, telling us where each shipment is going and who’s going to benefit from it, so you feel a connection to what you’re working toward. I was 12 when I started volunteering here. I realized I had all this free time and maybe I could use it to help someone else.”



KLIOT STRAUS FAMILY

Nancy Kliot and Steve Straus (seen here), plus sons Jay (above left) and Alex (not pictured), are Afya diehards. Jay helped spearhead Afya’s Luggage for Life program. It gives travelers already headed to places such as Ghana and the Philippines duffel bags packed with supplies, which they drop off at clinics, hospitals, rehab centers, and community centers. The Kliot Strauses have delivered duffel bags to clinics in Haiti and Tanzania. Alex started an Afya program six years ago, at age 13, collecting used soccer balls, cleats, nets, and shin guards and sending them to Malawi, where they led to the development of a kids’ soccer league. Afya continues to collect and distribute soccer gear today.



ANSLEY JONES

“Last summer I studied infectious diseases at Emory University, and my focus was Ebola. When the crisis hit, I started researching and found out that rather than using airtight body bags, some countries were making due with garbage bags and duct tape, which is bad, because Ebola stays in the body several days after someone dies. So I called a local funeral home, which donated some body bags. I’ve been contacting manufacturers, but body bags are really expensive and heavy to ship, so they don’t make it easy.”





CLAIRE GRUMMON

With four other students, Claire, a high school senior (and a steady volunteer at the warehouse), developed an Afya program to share the arts with Haitian children. An electronics store gave the organization a deep discount on cameras for the kids to use. “When I first got to Haiti, I was very overwhelmed,” says Claire. “There are no traffic lights; cars are swerving.” She says she questioned the plan. “I wondered, what could art do here?” But ultimately there was so much joy—“not just in the kids when they were dancing or acting or taking pictures—but in their parents when the children shared their work. I saw that it mattered.”



CYNTHIA ODELL

“On my first trip to Haiti, we saw many people in improvised wheelchairs—plastic lawn chairs tied with bedsheets and fit with old bike wheels. Afya used custom-built wheelchairs designed specifically for their needs. One young teen was never able to feed himself because he couldn’t hold his head up—now he can. It must have taken eight people eight hours to build one wheelchair. He totally got it and was so appreciative. This work has changed me. Afya is the best therapy—it’s a place where you go to heal and be healed.” (Cynthia is chair of Afya’s advisory council.)



MIRANDA MALDONADO

Miranda, a college student studying nursing, was volunteering for the first time at Afya. “I love it already,” she says. “I feel like I’m doing something big here. It opens your mind and teaches you new things—I’m learning that even if you don’t have money, you can give.”





BETTY GUMANOW



Legally blind, Betty resides at Kittay House, a senior-living facility in the Bronx. She and other residents previously had sorted supplies for Afya on their home turf. This was their first time in the warehouse. "It's so fulfilling. I hate seeing things go to waste." Early that day, when she arrived with her walker, Betty told Afya staffers to make sure not to donate it.

Since its inception, in 2007, Afya has shipped 6 million pounds of supplies—worth \$26 million—donated by hospitals, nursing homes, and corporations. In addition to medical necessities, Afya collects items like desks, shelves, tarps, and cooking equipment. Communities interested in receiving a shipment create “wish lists” from an inventory database so Afya can effectively meet their needs. To donate, go to afyafoundation.org.

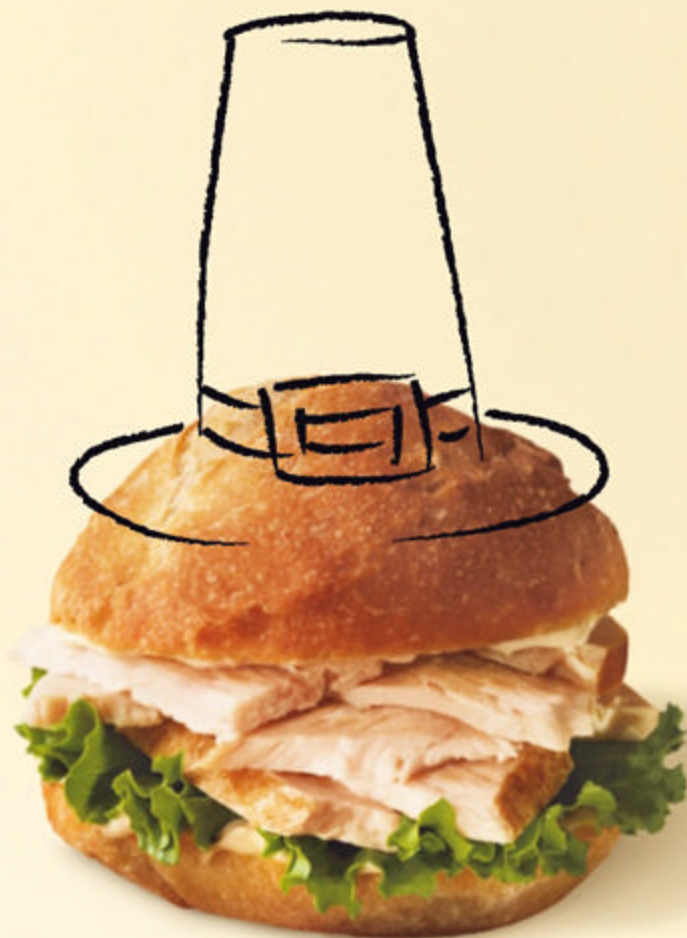
“People often look at seniors as useless, particularly when they have disabilities. They're afraid; they talk louder. Doing this work reminds me that I'm still worthwhile as a person.”



TANYA TOLBERT

An assistant principal at Saunders Trades and Technical high school, in Yonkers, Tanya encourages students to volunteer, since the warehouse is just 10 minutes away on foot. Her kids have skills that can truly benefit Afya. After the earthquake in Haiti, some built bins and repaired wheelchairs and cribs to send along. At one point, Danielle Butin asked Tanya to recommend students who could create spreadsheets to log supplies. “Next thing I know, a few of the students were hired for after-school jobs!” says Tanya. “I want our kids to think globally and act locally. You never know where volunteering can lead you.”





Give Thanks on a Tuesday.



Slow Roasted and Carved Thick. Oscar Mayer Carving Board gives you all the taste of Thanksgiving any day of the year.

It's Holiday, Any Day Food. It's Oscar Mayer.

Food

Quick Cooking (170, 172)
Healthy Pick (142, 157, 170, 172)
Freezable (140, 142, 170)
Make Ahead (140, 142, 160, 170)
Big Batch (140, 142, 170)
Slow Cooker (162)
One Pot (170)
Whole Grain (142)
Vegetarian (142, 164, 170, 172)
Gluten-Free (142, 157, 160, 170, 172)
Family-Friendly (140, 142, 158, 172)

CAN'T BEET THAT
BEETS ARE FULL
OF FOLATE AND
POTASSIUM—AND
DELICIOUS IN
A VEGGIE REUBEN
SANDWICH
(PAGE 164).

EXTRA CRUNCHY

Try shredded raw red cabbage in place of lettuce as a clean, ultra-crisp topping on butternut squash quesadillas (page 158), tacos, or any of your Mexican favorites.

IT'S THE PITS

OLIVES "ON THE PIT" (THAT IS, NOT PITTED) HAVE THE MOST FLAVOR, SO GO THIS ROUTE WHEN A RECIPE CALLS FOR A SMALL AMOUNT. TO REMOVE THE PIT, SMASH THE OLIVE ON A CUTTING BOARD WITH THE FLAT SIDE OF A CHEF'S KNIFE.

Photographs by Paul Sirisalee
Food Styling by Chris Lanier

PROMOTION



SEE WHAT WE'RE LOVING + DISCOVERING

KEEP UP WITH THE TASTEMAKERS AND TRENDSETTERS BEHIND THE BRAND YOU LOVE!

GO TO [RSLIFESTYLERS.COM](https://www.rslifestyle.com) AND FOLLOW US ON SOCIAL MEDIA FOR AN INSIDE LOOK AT THE LATEST DOINGS AND OBSESSIONS OF THE RS MARKETING TEAM.



REALSIMPLELIFESTYLERS



PINTEREST.COM/RSLIFESTYLERS



REAL SIMPLE LIFESTYLERS









@RS_LIFESTYLERS

EASY DINNER

1

Tomato-braised chicken thighs with olives and capers over polenta

HANDS-ON TIME **10 MINUTES** TOTAL TIME **40 MINUTES** SERVES **4**

Quick Cooking 
Healthy Pick 
Freezable 
Make Ahead 
Big Batch 
Slow Cooker 
One Pot 
Whole Grain 
Vegetarian 
Gluten-Free 
Family-Friendly 

- 1 cup polenta
- 2 teaspoons olive oil
- 8 bone-in, skin-on chicken thighs (about 1³/₄ pounds total)
- Kosher salt and black pepper
- 1 onion, chopped
- 2 cloves garlic, chopped
- 2 sprigs fresh thyme, plus leaves for serving
- 1 28-ounce can whole peeled tomatoes
- ¹/₃ cup pitted oiled-cured olives
- 1 tablespoon capers

COOK the polenta according to the package directions.

MEANWHILE, heat the oil in a Dutch oven or large pot over medium-high heat. Season the chicken with ¹/₂ teaspoon each salt and pepper. Cook, skin-side down, until golden brown, 8 to 10 minutes. Transfer to a plate (the chicken will not be cooked all the way through); reserve the pot.

ADD the onion, garlic, and thyme to the reserved pot. Cook, stirring, until the onion is tender, 4 to 6 minutes. Add the tomatoes and their juices, olives, and capers. Cook, breaking up the tomatoes with a spoon, until the sauce starts to thicken, 3 to 4 minutes. Add the chicken, skin-side up, and simmer until an instant-read thermometer inserted into the thickest thigh registers 165° F, 12 to 14 minutes. Discard the thyme sprigs.

SERVE the chicken and sauce over the polenta, topped with the thyme leaves.

Recipes by Charlyne Mattox



FOOD

Quick Cooking
Healthy Pick
Freezable
Make Ahead
Big Batch
Slow Cooker
One Pot
Whole Grain
Vegetarian
Gluten-Free
Family-Friendly

EASY DINNER

2

Butternut squash and steak quesadillas with red cabbage slaw

HANDS-ON TIME **25 MINUTES** TOTAL TIME **45 MINUTES** SERVES **4**



- 1 small butternut squash (about 1½ pounds)—peeled, seeded, and thinly sliced
- 4 tablespoons plus 1 teaspoon olive oil
- Kosher salt and black pepper
- ¼ head small red cabbage, thinly sliced
- ¼ cup roasted pepitas
- ½ jalapeño, chopped
- 2 tablespoons fresh lime juice
- 2 strip steaks (1 inch thick; about 1 pound total)
- 2 teaspoons chili powder
- 4 ounces sharp Cheddar, grated (about 1 cup)
- 4 10-inch flour tortillas

HEAT oven to 425° F. Toss the squash, 2 tablespoons of the oil, and ¼ teaspoon each salt and pepper on 2 baking sheets. Roast until tender, 12 minutes; set aside.

MEANWHILE, combine the cabbage, pepitas, jalapeño, lime juice, 2 tablespoons of the oil, and ¼ teaspoon each salt and pepper in a large bowl.

SEASON the steaks with the chili powder and ¼ teaspoon each salt and pepper. Heat the remaining oil in a medium skillet over medium-high heat. Cook, turning once, until an instant-read thermometer inserted into the thickest part registers 130° F, 6 to 8 minutes for medium-rare. Let rest 5 minutes; thinly slice.

STACK the Cheddar, squash, and steak on one side of the tortillas, dividing evenly. Fold the tortillas over the filling. Bake on the baking sheets, turning once, until crisp, 8 to 10 minutes. Cut into wedges and serve with the slaw.

PASTA WITH **PROTEIN** **POWER**



Barilla ProteinPLUS™ is ready to fuel the whole family. With 17g of protein* from all-natural vegetarian ingredients, Barilla ProteinPLUS™ is the delicious, wholesome pasta that pumps them up.

For recipe inspiration and more, follow us on  [Pinterest.com/BarillaUS](https://www.pinterest.com/BarillaUS)



*Per 3.5 oz portion. Contains 200mg of ALA per 56g serving, which is 15% of the daily value for ALA (1.3g).

Quick Cooking
Healthy Pick
Freezable
Make Ahead
Big Batch
Slow Cooker
One Pot
Whole Grain
Vegetarian
Gluten-Free
Family-Friendly

EASY DINNER

3

Roasted broccolini and bass over coconut rice

HANDS-ON TIME **10 MINUTES** TOTAL TIME **35 MINUTES** SERVES **4**



- 1/2 cup coconut milk
- Kosher salt and black pepper
- 1 cup jasmine or long-grain white rice
- 1 bunch broccolini, halved if large
- 2 tablespoons olive oil
- 1/2 teaspoon red pepper flakes
- 4 6-ounce pieces boneless, skinless bass
- Fresh cilantro and lime wedges, for serving

HEAT oven to 425° F. Bring the coconut milk, 1 cup water, and 1/2 teaspoon salt to a boil in a small pot. Add the rice and return to a boil. Reduce heat to low, cover, and cook until the liquid is absorbed and the rice is tender, 14 to 16 minutes. Remove from heat and let sit for 5 minutes. Fluff with a fork.

MEANWHILE, toss the broccolini, oil, and 1/4 teaspoon each salt and pepper on a large rimmed baking sheet. Roast, tossing once, until crisp-tender, 8 minutes. Season the fish with the red pepper and 1/4 teaspoon each salt and pepper. Push the broccolini to the side of the baking sheet and place the fish in the center. Roast until the fish is cooked through and the broccolini is crisp, 6 to 8 minutes.

SERVE the rice topped with the broccolini, fish, cilantro, and lime wedges.

DON'T BE CHICKEN.

MAKE A GREAT SUPPER IN JUST 15 MINUTES.



Sausage ~~CHICKEN~~ ALFREDO

READY IN: ~~1 HOUR~~ 15 minutes

1 pkg. Hillshire Farm® Smoked Sausage

~~5 chicken breast halves, cubed~~

~~2 tbsps. butter, divided~~

~~2 cloves garlic, minced, divided~~

~~2 tbsps. chopped flat leaf parsley~~

~~1 1/2 tbsps. Italian seasoning~~

~~1/2 onion, diced~~

~~1 1/2 tbsps. salt~~

~~1/2 tsp. ground white pepper~~

8 oz. pasta, cooked, drained

2 cups heavy cream

2 tsp. Cajun seasoning

1/2 cup grated Parmesan

1. Prepare pasta according to package directions; drain and set aside.

Sauté sausage for 5 minutes.

2. ~~Cook chicken in butter, season with salt, white pepper and Italian seasoning in a large skillet over medium-high heat until chicken is no longer pink. Stir in onion and parsley; cook until onions are transparent.~~

3. Add ~~garlic cloves~~, cream and Cajun seasoning and boil. Reduce heat; simmer 3-4 mins. or until mixture begins to thicken. Stir in Parmesan. Add pasta and toss.

Great additions are peas, tomatoes or any of your favorite vegetables. Just stir them in and simmer.



More 15 minute sensations at sausagesosimple.com

Quick Cooking
Healthy Pick
Freezable
Make Ahead
Big Batch
Slow Cooker
One Pot
Whole Grain
Vegetarian
Gluten-Free
Family-Friendly

EASY DINNER

4

Slow-cooked pork shoulder with apple relish and egg noodles

HANDS-ON TIME 15 MINUTES TOTAL TIME 5 1/4 HOURS TO 8 1/4 HOURS SERVES 4

FOOD



- 2 pounds boneless pork shoulder
- 1/2 cup low-sodium chicken broth
- 1/3 cup apple cider
- 1 small onion, sliced
- 2 teaspoons dill seed
- Kosher salt and black pepper
- 1 cup fresh flat-leaf parsley, chopped
- 1/2 Granny Smith apple, finely chopped
- 2 tablespoons olive oil
- 1 teaspoon lemon zest plus 1 tablespoon lemon juice
- 3/4 pound dried wide egg noodles

COMBINE the pork, broth, cider, onion, dill seed, and 1/2 teaspoon each salt and pepper in a 4- to 6-quart slow cooker. Cover and cook until the pork is tender, on low for 7 to 8 hours or on high for 5 to 6 hours. Transfer the pork to a bowl and shred into large pieces, using 2 forks. Skim off and discard most of the fat from the liquid in the slow cooker.

TEN MINUTES BEFORE serving, combine the parsley, apple, oil, lemon zest and juice, and 1/4 teaspoon each salt and pepper in a small bowl. Cook the noodles according to the package directions.

SERVE the pork and the juices over the egg noodles, garnished with the apple relish.

CookingLight[®]DIET

Turn Meal Time into Family Time!

Use COOKING LIGHT Diet to plan out easy, **family-friendly dishes** that are nutritious, delicious, and perfect for the whole crew. With meals so simple and tasty, you'll look forward to cooking — and your kids to eating!



- ✓ **No-stress** interactive tool for phone, tablet, or computer
- ✓ **Log on** to set goals and foods your family likes to eat
- ✓ **Personalized** menu plans delivered to your inbox

**SAVE 20%
ONLINE**

SAVE 20% with Promo Code MEALTIME
diet.cookinglight.com/mealtime



*For new COOKING LIGHT Diet subscribers. © 2015 Time Inc. COOKING LIGHT is a trademark of Time Inc. Lifestyle Group, registered in the U.S. and other countries.

✕ Quick Cooking
 ⌚ Healthy Pick
 ❄ Freezable
 ⌚ Make Ahead
 ⌚ Big Batch
 ⌚ Slow Cooker
 ⌚ One Pot
 ⌚ Whole Grain
 ✕ Vegetarian
 ⌚ Gluten-Free
 ⌚ Family-Friendly

EASY DINNER

5

Beet, sauerkraut, and Swiss Reuben sandwiches

HANDS-ON TIME **30 MINUTES** TOTAL TIME **40 MINUTES** SERVES **4**

MAKE DINNER QUICK

LOOK FOR PRECOOKED, CRYOVAC-PACKED BEETS IN THE DELI AISLE OF YOUR SUPERMARKET.

- 1/4 cup mayonnaise
- 2 teaspoons ketchup
- 1 teaspoon sweet pickle relish
- 8 slices rye bread
- 4 large slices Swiss cheese (about 6 ounces total)
- 3 small cooked beets, thinly sliced
- 2 cups sauerkraut, drained
- 1 tablespoon unsalted butter
- Green salad, for serving

COMBINE the mayonnaise, ketchup, and pickle relish in a small bowl.

SPREAD the mayonnaise mixture on 4 slices of the bread. Top with the Swiss cheese, beets, and sauerkraut. Top with the remaining bread, to form the sandwiches.

MELT 1/2 tablespoon of the butter in a large skillet over medium heat. Cook 2 of the sandwiches, covered and turning once, until the cheese is melted and the bread is golden brown, 3 to 4 minutes per side. Repeat with the remaining butter and sandwiches. (Reduce heat if the bread gets too dark before the cheese is melted.)

SERVE the sandwiches with the salad.

FOOD



HOW TO COOK BEETS Scrub and trim the beets, leaving 1/2 inch of their roots and stems intact. Place in a pot with enough salted water to cover by 2 inches. Bring to a boil and simmer until tender, 30 to 45 minutes, depending on the size of the beets. (A paring knife should slide right in.)

HOW TO PEEL BEETS When the beets are cool enough to handle, use a paper towel to rub off the skins. The towel's lightly abrasive texture will make this messy job easier.

ILLUSTRATION BY MELINDA JOSIE



PUDDING MADE RIGHT.

Simple ingredients, simpler instructions:
Open, eat, enjoy.



Made with simple, wholesome
ingredients – milk, eggs and rice.
The right way. The Kozy Shack way.

www.kozyshack.com

©2015 Kozy Shack Enterprises LLC.



BECAUSE I MAKE
THE BEST CHICKEN
NOODLE SOUP



TO CELEBRATE WHAT'S
IN SEASON



BECAUSE A
GOOD RECIPE
NEVER
GETS OLD



TO COMFORT



WHY I COOK™
—
SOUP



TO SLIP
INTO
SOMETHING
CREAMY



TO TRAVEL THE
WORLD



BECAUSE ONIONS
MAKE ME
CRY AND SMILE



TO TAKE A FAMILY
VACATION

NO MATTER WHAT SOUP YOU WANT TO MAKE,
MAKE IT DELICIOUS WITH SWANSON.™

From chicken noodle, to creamy chowders, to authentic global soups.

Find recipes at SwansonWhyICook.com.



Things Cooks Know

Simplifying strategies, techniques, and tips—
from the *Real Simple* test kitchen to yours

SECRETS TO THE BEST MASHED POTATOES

Did you know that you shouldn't peel the potatoes before boiling? And that the milk should be added last? The difference between fantastic mashed potatoes and merely good (or, worse, gluey) ones isn't just in the ingredients; it's in the technique. The following tips will make your next batch even butter, er, *better*.

GENEROUSLY SALT

the cooking water. Any water the potatoes absorb should have some flavor, to season them from the start.



SIMMER THE

POTATOES whole and peel them after cooking. This will minimize the amount of water absorbed, allowing the potatoes to absorb more butter and milk.



ADD THE BUTTER

before the milk. The fat in the butter coats the starch in the potatoes, helping to keep them from turning gloopy (a technical term) from the milk. If you forget everything else, remember this key step.



ADD WARM MILK just before serving so the potatoes don't become gluey. And warm milk means they won't need reheating.



Written by Chris Morocco
Illustrations by Melinda Josie



Homemade chili oils

A drizzle of chili oil is an easy way to add heat to any dish—think of it as a buttery vehicle for spice. Store-bought versions are often overly hot, drowning out other flavors. These two fast DIY versions each pack a gentle kick balanced by earthy garlic flavor. Use the Asian version to top stir-fries, curries, or egg and vegetable dishes. Or try our goes-with-anything chili oil on top of pastas, soups, or braises. Be sure to remove the garlic before storing, and use within one month.

ASIAN CHILI OIL

Bring $\frac{1}{2}$ cup **canola oil**, 2 crushed cloves **garlic**, 1 crushed 2-inch piece **ginger**, 1 **cinnamon stick**, 1 **star anise**, $\frac{1}{2}$ teaspoon each **black peppercorns** and **crushed red pepper** to a simmer over medium-low heat. Cook until the garlic is golden, 5 to 8 minutes. Let cool. Remove garlic and ginger. Transfer to a glass jar and add 2 teaspoons **soy sauce**.

GOES-WITH-ANYTHING CHILI OIL

Bring $\frac{1}{2}$ cup **olive oil**, 2 crushed cloves **garlic**, 1 sprig **rosemary**, $\frac{1}{2}$ teaspoon **crushed red pepper**, and a pinch of **salt** to a simmer over medium-low heat. Cook until the garlic is golden, 5 to 8 minutes. Let cool. Remove garlic. Transfer to a glass jar.



EGGCELLENT
Go to realsimple.com/deviledegg to jazz up your repertoire.



THE INCREDIBLE, EDIBLE EASTER EGG

A chat with the American Egg Board confirmed that it's perfectly safe to turn those dyed Easter eggs into deviled eggs, egg salad, or an out-of-hand snack. The only catch? Be sure that all the decorating materials you used are food safe. You should also discard any eggs that have cracked shells or have been sitting at room temperature for more than two hours. So once the hunt is over, round up the eggs as soon as possible—while the kid are preoccupied with chocolate bunnies—and put them back in the refrigerator. Keep covered for up to 1 week.



Finally, 100% natural lunchmeat that's 100% delicious.

Hillshire Farm Naturals. Slow roasted and perfectly spiced. With absolutely no artificial ingredients or preservatives. You'll love how it tastes or we'll eat the costs.

Visit hillshirefarm.com/guarantee for details.

Offer valid in USA, 18+ from 2/1/15 – 4/30/15. If we "Eat it": Limit 1 refund (up to \$6.00) per household. Offer good only with a qualifying purchase of a Hillshire Farm Naturals 8oz product. Void where prohibited.



WHY NOT TRY ...

SNIFF TEST
RICOTTA SHOULD HAVE
A FRESH, MILKY SMELL,
PLUS A CREAMY TEXTURE.



FOOD



**DINNER
UPGRADE**
Browse more
ways to incorpo-
rate ricotta into
your meals at
[realsimple.com/
ricotta](https://realsimple.com/ricotta).

TO BUY

Look for ricotta in the dairy section of supermarkets in pint- and quart-size tubs. Some markets also carry fresh ricotta (made in small batches and found in the cheese section), which is thickened by straining rather than added stabilizers. This yields softer curds and usually a fresher flavor. Either version will work in the following recipes, but be sure to use ricotta within a week of opening.

RICOTTA

Mild tasting and decidedly unstinky, ricotta occasionally fades into the background—or between lasagna layers. But versatility is part of its appeal. Ricotta works in sweet and savory dishes, from creamy eggs to, of course, cheesecake. The name comes from the Italian method of re-cooking whey left over from the making of other cheeses (like mozzarella and provolone) with an acid to form creamy curds. Today ricotta is often produced from whole milk and vinegar. The result: a soft, scoopable cheese that can stand alone. (Although it's even better with honey.)

Recipes by Chris Morocco
Photographs by Levi Brown
Food Styling by Rebecca Jurkevich

1**pasta with ricotta and mint**

Cook $\frac{3}{4}$ lb. **SHORT PASTA**. Reserve $\frac{1}{2}$ cup of the cooking water; drain. Combine 1 cup **RICOTTA**, 3 Tbsp. grated **PARMESAN**, 2 Tbsp. **OLIVE OIL**, and **SALT** and **PEPPER** in a bowl. Add the pasta and $\frac{1}{4}$ cup of the cooking water and toss to coat. (Add more cooking water as needed to loosen the sauce.) Add $\frac{1}{2}$ cup torn **FRESH MINT** and toss to coat. Serve topped with **LEMON ZEST** and a drizzle of **OLIVE OIL**. Serves **4**.

2**chard and ricotta frittata**

Chop 1 bunch **SWISS CHARD**, separating the leaves and stems. Cook the stems, 1 chopped small **ONION**, 2 chopped cloves **GARLIC**, and **SALT** and **PEPPER** in 2 Tbsp. **OLIVE OIL** in a medium nonstick oven-proof skillet over medium-high heat until soft, 10 min. Add the leaves and cook until wilted, 2 min. Add 8 whisked **LARGE EGGS**. Dollop with 1 cup **RICOTTA**. Bake at 400° F until just set in the middle, 14 to 16 min. Serve with **HOT SAUCE**. Serves **4**.

3**ricotta cheesecake**

Butter a 9-inch springform cake pan and coat with $\frac{1}{3}$ cup finely crushed **GINGER-SNAPS**. Pulse 2 15-oz. tubs of **RICOTTA** and 8 oz. of **CREAM CHEESE** in a food processor until smooth, 45 seconds. Pulse in 2 **LARGE EGGS**, $\frac{1}{2}$ cup **SUGAR**, 1 Tbsp. **ALL-PURPOSE FLOUR**, 1 tsp. each **LEMON ZEST**, **ORANGE ZEST**, and **VANILLA EXTRACT**, and a pinch of **SALT**. Pour into the prepared pan. Bake at 350° F until just set in the middle, 50 to 60 min. Serves **8**.

4**wine-poached pears with whipped ricotta**

Combine $1\frac{1}{2}$ cups **RED WINE**, $\frac{1}{3}$ cup **SUGAR**, 1 **CINNAMON STICK**, and a pinch of **SALT** in a pot over high heat. Simmer and stir to dissolve the sugar. Add 2 peeled, halved, and cored **PEARS**. Cook, turning occasionally, until the pears are tender and the liquid is syrupy, 30 to 40 min. Whisk 1 cup **RICOTTA**, $\frac{1}{4}$ cup **CONFECTIONERS' SUGAR**, and a pinch of **SALT**. Serve the pears and syrup over the ricotta. Serves **4**.

5**ricotta, olive oil, and honey toasts**

Toast 4 pieces halved **BAGUETTE** and drizzle with 1 Tbsp. **OLIVE OIL**. Divide $\frac{1}{2}$ cup **RICOTTA** and 2 tsp. **HONEY** among the toasts. Top with **FLAKY SEA SALT** and **PEPPER** before serving. Serves **4**.

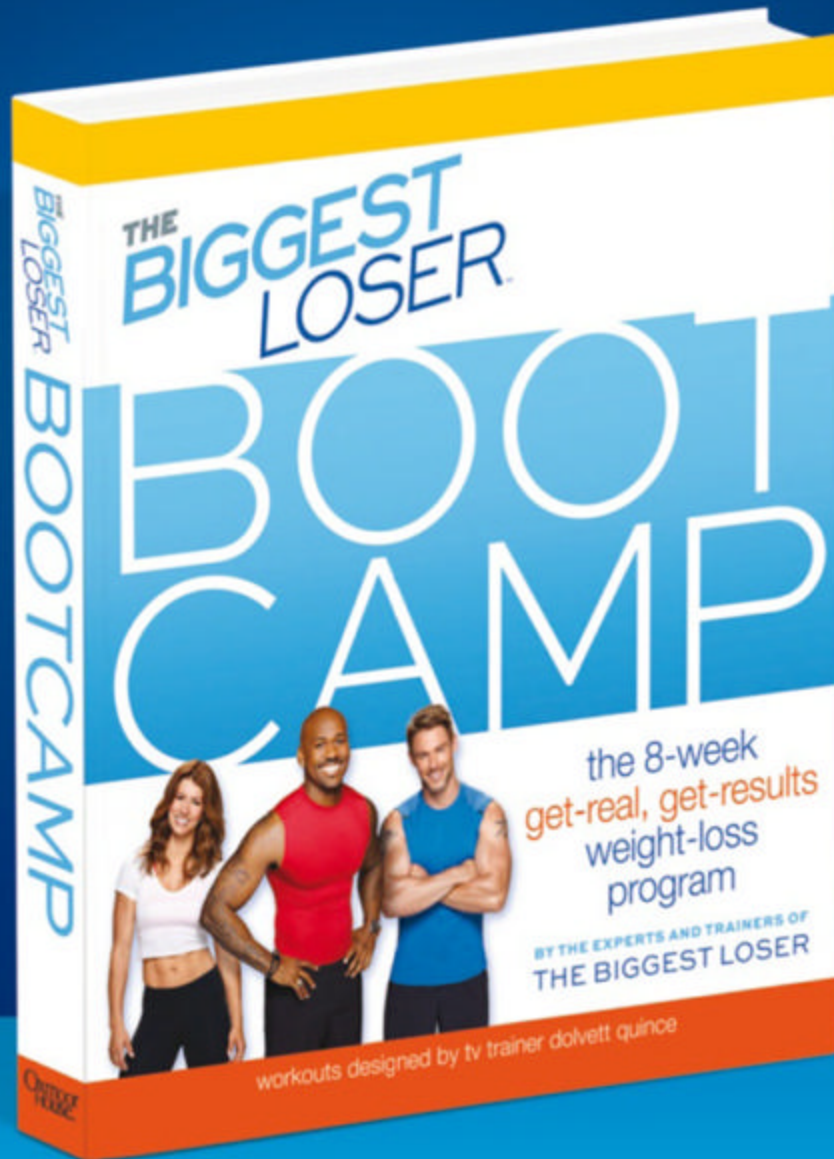
6**baked ricotta with Parmesan and herbs**

Combine 1 beaten **LARGE EGG**, 1 cup **RICOTTA**, $\frac{1}{3}$ cup grated **PARMESAN**, 2 Tbsp. **OLIVE OIL**, 1 tsp. chopped **THYME**, and $\frac{1}{4}$ tsp. each **SALT** and **PEPPER**. Pour into a buttered 2-cup oven-safe dish. Bake in a 350° F oven until golden and puffy, 25 to 30 min. Serve with **TOASTS** or **CRUDITÉS**. Serves **4**.





YOUR TRANSFORMATION BEGINS NOW



**DAILY
WORKOUTS**

**RECIPES,
QUICK MEAL &
SNACK IDEAS**

**NO
GUESSWORK**

**Boost your confidence with this new,
easy-to-follow 8-week program.**

NOW AVAILABLE WHEREVER BOOKS ARE SOLD

Enhance your experience online at BLBootcamp.com



Consult your doctor before beginning any weight loss program. © 2015 Universal Television LLC & Reveille LLC; The Biggest Loser is a trademark of Reveille LLC and its related entities, and is used under license. All rights reserved.

THURSDAYS 8/7c **NBC**

ADD PROTEIN AND OMEGA-3'S WITH A SPRINKLE OF CHIA SEEDS (FOUND IN THE HEALTH-FOOD AISLE).

BETTER BREAKFAST



FOOD

grapefruit salad with vanilla syrup and yogurt

How about a little vitamin C to get you out of B-E-D? This sweet citrus salad energizes a plain bowl of yogurt any day of the week.

HANDS-ON TIME **10 MINUTES**
TOTAL TIME **10 MINUTES** SERVES **4**

- 2 grapefruit
- 1/2 vanilla bean
- 2 tablespoons sugar
- 2 bananas, sliced
- 1 green apple, thinly sliced
- Greek yogurt, for serving
- 1 teaspoon chia seeds (optional)

CUT away the peel and pith of the grapefruit. Halve lengthwise, slice into half-moons, and transfer to a bowl with any juices, squeezing juice from the peel. (You'll need about 2 tablespoons of juice.)

SPLIT the vanilla bean in half lengthwise using a sharp paring knife. Run the dull side of the knife blade down the length of each half, scraping up the seeds. Combine the seeds with the sugar and grapefruit juice. Toss until the sugar is dissolved.

DRIZZLE the syrup over the grapefruit and toss with the bananas and apple. Serve over the yogurt, topped with the chia seeds, if desired.

Recipe by Chris Morocco

Photograph by Christopher Testani

Food Styling by Alison Attenborough

SET DESIGN BY JEFFREY W. MILLER

The fast lane
from



How do you get there? Ask for Alaska. If you're passionate about what you cook, satisfy your wildest desire with the enticing taste of succulent, and sustainable seafood harvested from the purest Alaskan waters.



For this Korean Soybean Cured Wild Alaska Salmon recipe and more tempting seafood ideas go to wildalaskaseafood.com



Wild, Natural & Sustainable®

SIMPLYSHOPPING

Kinky-Curly

FIGHT THE FRIZZ

*Moisturize & Define
your curls.*



Achieve shiny, healthy hair
with Kinky-Curly Hair Products.

Lightweight, non-greasy

& made with

ALL NATURAL ingredients.

Great for all hair types.

Available at

WHOLE FOODS **TARGET.**

WWW.KINKY-CURLY.COM



Pharmacist Developed

Udderly Smooth® creams deeply moisturize; making dry, chapped skin feel udderly soft and smooth every day, every season, for over 35 years. Pharmacist developed, Udderly Smooth® is medically prescribed for diabetic and oncology skin care. Shop at CVS, Rite Aid, Walgreens and Walmart.



FREE SHIPPING

Create Amazing T-Shirts!

Make custom shirts for your group or event with our fun & easy Design Lab. Choose from name-brand apparel and 60,000+ images or upload your own art. You'll always get FREE Shipping & FREE design help. www.customink.com/rsimple • 855.337.6787



GelPro® Elite

The world's most comfortable floor mat is constructed with a Dual Comfort Core of soothing gel & energy return foam. Significantly reduces back, leg and foot discomfort. Made in the USA. 5-year warranty. www.GelPro.com • 866.435.6287



Coffee & Kid Spill Insurance!

Vehicle Spill Protection. WeatherTech® FloorLiners™ are digitally measured to custom fit the make and model of vehicles. FloorLiners™ protect your carpet from dirt, liquids and everyday spills. Available for cars, trucks, minivans and SUVs. www.WeatherTech.com 800.441.6287



T-Shirt Quilts

Campus Quilt turns your t-shirts into an awesome new quilt. We do all the work for you and return your completed t-shirt quilt in as few as two weeks. As featured on ESPN and the Today Show. \$129 and up. www.campusquilt.com • 800.880.8534

**WORLD'S
FINEST
EYE
CREAM!**



OPEN 7 DAYS

World's Finest Eye Cream!

A "Selections" product in Oprah magazine! Refreshing, anti-aging Airbrush Eye Refining Treatment hydrates, soothes, reduces crows feet and puffiness, and promotes collagen for younger, brighter looking eyes. **20% off!** Code: **SIMP46** at www.dremu.com 800.542.0026

SIMPLYSHOPPING



PetzLife
COMPLETE ORAL CARE

Naturally Removes plaque & tartar,
controls bacteria and freshens breath.

NO BRUSHING REQUIRED!
BEFORE AFTER 30 DAYS

New Dental Treats!

www.petzlife.com • 1.888.453.4682
use code: **SIMPLE** for 20% off your order!



Style on your doorstep.

Create the curb appeal you've dreamed of
with lantern and mail posts, window boxes, fence,
gates, and more, handcrafted in cellular PVC. It's
maintenance free. Perfect for your busy lifestyle.
Visit walpolewoodworkers.com.

80+ years Walpole Outdoors
facebook/WalpoleOutdoors.com • catalog: 800-343-6948

Coobie
Seamless Bras



New
Year,
New
Bra!

Try them and see for yourself!
Save \$20 on 3
with code: RS315
at shopcoobie.com
888.789.1037

25% OFF CUSTOM STAMPS
Use code: SIMPLE25*



EXPRESSIONERY
INK AND PAPER GOODS

SHOP EXPRESSIONERY.COM/SIMPLE25

*Valid through 3/23/2015. Featured Products: Gold ColorBox Inkpad, Tiny Branches Wooden Stamp, Handwritten Heart Address Stamp. Receive 25% off all stamps when you enter code 'SIMPLE25' in the offer code box. Offer excludes all embossers, ink refills and alignment tools. This offer cannot be combined with any other promotion, sale or discount. Shipping fees and sales tax are separate. Prices, and availability are subject to change without notice. Expressionery.com reserves the right to limit quantities or refuse orders.

A Life in Full

THIS MUSEUM CURATOR ILLUSTRATES THE DELICATE ART OF BEING A WORKING MOM—MINI EMERGENCY INCLUDED!—WITH A COOL HEAD.

ERIN MONROE, 36

- Assistant curator of American paintings and sculpture at the Wadsworth Atheneum Museum of Art, in Hartford, Connecticut
- Married to Mark Monroe, with two daughters—Abigail, 2, and Milly, 1
- West Hartford, Connecticut



10:30 A.M. "This morning I led a teacher workshop. It went well, but last night my colleague and I were still scrambling to research one of the paintings we presented. Gotta roll with it."



10:49 A.M. "Oh boy. My husband called. Abby hurt her arm at day care—nothing serious—but he's picking her up now. I need to leave work early to take her to the doctor and get checked."

CHILD SUPPORT

"Many of my coworkers are new parents, too. It's comforting to know that they can relate."

OFFICE SPACE

"At home I have my hands full with the girls, so my job feels like 'my own time.'"



11:08 A.M. "I'm reviewing the annual report that will be distributed to trustees and members with Susan L. Talbott, the museum's director. It highlights the year's acquisitions and exhibits."



12:35 P.M. "The Wadsworth is hosting an event next week. The chief curator, Robin Jaffee Frank, and I are going over this gallery's prevalent themes to prep for our talks with the guests."



3:12 P.M. "Back from the doctor's—and feeling better! Abby had a dislodged tendon, which the doctor said is common for her age. He popped it back into place and she recovered quickly."



6:15 P.M. "I picked up Milly from day care, then some dinner. After a crazy day, we can now relax with our dog, Eyck. Yes, we named him after the Dutch artist. And, yes, we're total dorks."

REC CENTER

"I stock a few drawers with kid-friendly items—Mark's old ties, empty lotion jars—and Abby and Milly find it an endless source of entertainment to pull everything out."

Photographs by Emily Kinni

WE GIVE YOU A BETTER NIGHT



You put more carpe in the diem



Use only as directed.

TYLENOL® PM relieves pain while helping you fall fast asleep and stay asleep.

TYLENOL
For what matters most™



LANCÔME

PARIS



READY FOR YOUR CLOSE-UP?

NEW

VISIONNAIRE

LR 2412 4% - Cx

ADVANCED SKIN CORRECTOR
VISIBLY CORRECT WRINKLES, PORES AND TEXTURE.

Reward yourself today. Join Elite Rewards at Lancome.com